



PARKVIEW WARSAW YMCA

# PERSONAL TRAINING LET'S GET FIT TOGETHER



## WITH PERSONAL TRAINING AT THE YMCA...

...A HEALTHIER COMMUNITY IS A STRONGER COMMUNITY AND WITH OUR NEW PERSONAL TRAINING PROGRAM, WE CAN GET STRONGER TOGETHER. GETTING STARTED IS EASIER AND MORE AFFORDABLE THAN EVER!

ALL YMCA MEMBERS HAVE ACCESS TO ONE FREE 45-MINUTE PERSONAL TRAINING SESSION WITH A CERTIFIED PERSONAL TRAINER. AFTER THAT, PERSONAL TRAINING SESSIONS ARE AS LOW AS \$15 FOR A 30-MINUTE SESSION, \$22 FOR A 45-MINUTE SESSION, OR \$23 IF YOU SHARE THE HOUR-LONG SESSION WITH SOMEONE YOU KNOW.

# MEET OUR STAFF



**LARRY DIXON** | Larry has been into the Health and Fitness Lifestyle for over 35 years and is a Certified Personal Training and Nutrition Specialist. His passion is to help others live a healthier lifestyle and help them see what amazing rewards this lifestyle can give.



**THOMAS HICKERSON** | Thomas graduated from Grace College with his Bachelors in Exercise Science and MBA. He also received his Bachelors in Nutrition and Wellness from I.S.U. Thomas has a passion for fitness and pushing himself to accomplish his health goals and wants to help others achieve their goals.



**SONJA FUSSLE** | Sonja is a certified personal trainer through the National Academy of Sports Medicine and is currently pursuing a certification in nutrition. She has a passion for healthy living and wants others to experience the joy and fulfillment that a healthy lifestyle brings. She looks forward to helping you reach your fitness goals!



**FAITH LONG** | Faith graduated from Grace College and has a degree in exercise science. She is a Certified Personal Trainer and is a Certified Nutrition Specialist. Faith enjoys helping others achieve their fitness goals, have a healthier relationship with food, and is excited for the opportunity to help others build healthy spirit, mind and body.



**MARK MCQUADE** | Mark is a YMCA Certified Strength and Conditioning Instructor as well as a Certified Personal Trainer. Mark is currently pursuing an Exercise Science degree from Grace College. He has a passion for fitness in his own life and loves to work with people one on one to help them reach their own fitness goals.



**MEGAN METZGER** | Megan is a student at Grace College where she is pursuing a degree in Exercise Science and Nutrition. Megan loves helping her clients reach their goals and brightening their days. She started personal training because of her deep love for helping others and a passion for fitness and is very confident in her abilities to help her clients' reach their goals.





**ANNE PETRE** | Anne received her Master's in Recreation Therapy from I.U. and is able to assist individuals of all levels and needs work towards their health and fitness goals. She thinks outside the box and personalizes exercises and routines to meet the specific needs of each person. She is able to help those with physical or developmental disabilities and also those recovering from surgery or injury.



**ISABELLE RITTER** | Isabelle is a certified personal trainer and holistic health coach. She is incredibly passionate about all things health and fitness. She believes that movement and/or healthy eating will do wonders for mental and physical health, and hopes that she can help all her clients feel that same incredible feeling.



**TARA ROBINSON** | Tara received her masters in Exercise and Sports Medicine from W.M.U. and has worked with a variety of high school and professional athletic teams. Tara also received her strength and conditioning certification while in grad school and uses this in the rehabilitation process for athletic injuries. Tara enjoys working out herself and loves using her knowledge to help her clients reach their goals.



**DIANA SALINAS** | Diana is bilingual and is certified through the National Academy of Sports Medicine. Her passion for Health and fitness in her own life, inspired her deep love for building relationships and helping others achieve their own fitness goals. She is a mom, a wife, and a lover of Jesus Christ.



**RACHEL SNOW** | Rachel is a certified personal trainer through ACE, American Council on Exercise. She is passionate about building relationships with others and helping them reach their own health and fitness goals.



**RACHEL WATKINS** | Rachel is a wife, mother, business owner and a competitive body builder. In 2004 she earned her B.S. in Nursing Education degree at I.W.U. Her passion for fitness, guided nutrition and proper supplementation led her to return to school in 2018 becoming a Personal Trainer, Women's Fitness Specialist and Behavioral Change Specialist. She brings a kinesthetic focus and very personal approach to all of her client's training sessions.

# PRICING

## PAY UP FRONT

### 7 SESSIONS 60 MINUTE SESSIONS

#### INDIVIDUAL TRAINING

**\$210 YMCA MEMBERS**  
**\$245 NON-MEMBERS**

### 25 SESSIONS 60 MINUTE SESSIONS

#### INDIVIDUAL TRAINING

**\$650 YMCA MEMBERS**  
**\$675 NON-MEMBERS**

7 SESSIONS MUST BE COMPLETED IN 30 DAYS. 25  
SESSIONS MUST BE COMPLETED IN 90 DAYS.

## PERSONAL TRAINING PROGRAM DETAILS

YMCA personal training offers a variety of options for getting in shape and feeling healthier and can take place at either of our YMCA facilities.

## WHAT YOU CAN EXPECT

- A thorough assessment of your present physical condition.
- A personal program that might include strength training, lap swimming, sports, walking, biking, running, stepping, jogging, aerobics, treadmill, stretching, or aquatic exercises in shallow or deep water.
- Your certified personal fitness trainer will guide, educate, and motivate you toward reaching your personal goals.

## BODY COMPOSITION TEST

The BIA Body Composition Test accurately measures an individual's body fat percentage. The YMCA fitness staff will use bioelectrical impedance analysis to determine a person's body composition. A four hour food and caffeine fast and no exercise prior to testing is required for accurate results. A computer generated report will be provided.

- PRICE | MEMBER \$10.00 | NON-MEMBER \$20.00
- CUSTOMER LOYALTY PRICE (AFTER INITIAL TEST) | MEMBER \$6.00 | NON-MEMBER \$12.00

**FOR QUESTIONS CONTACT: FAITH LONG, PROGRAM COORDINATOR AT 574.269.9622 X236 OR FLONG@KCYMCA.ORG**

## MONTH TO MONTH

### 30 MINUTES

#### INDIVIDUAL TRAINING

**\$15 PER SESSION**

### 45 MINUTES

#### INDIVIDUAL TRAINING

**\$22 PER SESSION**

### 60 MINUTES

#### INDIVIDUAL TRAINING

**\$27 PER SESSION**

### 60 MINUTES

#### TRAINING WITH A PARTNER

**\$23 PER SESSION**

**\*MINIMUM OF 3 SESSIONS  
A MONTH**