KOSCIUSKO COMMUNITY YMCA

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PERSONAL TRAINING







STRONGER TOGETHER: PERSONAL TRAINING AT THE YMCA

Achieve your best self with personal training at the YMCA! A healthier community is a stronger community, and together we can make it happen. Our enhanced personal training program makes it easier and more affordable than ever to reach your fitness goals.

YMCA members can kick-start their journey with one complimentary 45-minute session with a Certified Personal Trainer. After that, we offer affordable options to fit your schedule and budget: 45-minute sessions are just $24, and hour-long sessions are only $25 when you train with a friend.

Take the first step toward a stronger, healthier you—let's grow stronger together!

PRICING

PAY UP FRONT

7 SESSIONS
60 MINUTE SESSIONS

INDIVIDUAL TRAINING

$235 YMCA MEMBERS
$275 NON-MEMBERS

25 SESSIONS
60 MINUTE SESSIONS

INDIVIDUAL TRAINING

$700 YMCA MEMBERS
$750 NON-MEMBERS

7 SESSIONS MUST BE COMPLETED IN 2 MONTHS.
25 SESSIONS MUST BE COMPLETED IN 6 MONTHS.

MONTH TO MONTH

45 MINUTES

INDIVIDUAL TRAINING

$24 PER SESSION

60 MINUTES

INDIVIDUAL TRAINING

$30 PER SESSION

60 MINUTES

TRAINING WITH A PARTNER

$25 PER SESSION

*MINIMUM OF 3 SESSIONS A MONTH

PERSONAL TRAINING PROGRAM DETAILS

At the YMCA, our personal training program offers a variety of options to help you get in shape, feel healthier, and achieve your fitness goals. Training sessions are available at both the Parkview Warsaw and Downtown Warsaw YMCA locations.

WHAT YOU CAN EXPECT

- A thorough assessment of your current physical condition.
- A personalized fitness plan tailored to your goals, which may include strength training, lap swimming, sports, walking, biking, running, stepping, jogging, aerobics, treadmill exercises, stretching, or aquatic exercises in shallow or deep water.
- Guidance, education, and motivation from a certified personal fitness trainer dedicated to helping you succeed.

EXCLUSIVE MEMBER BENEFITS:

- YMCA members can enjoy a free 45-minute demo personal training session with a certified personal trainer at either location.
- Flexible package options: choose from as few as 3 sessions per month or up to 16 sessions per month to suit your schedule and fitness needs.

**REGISTER FOR PERSONAL TRAINING ONLINE OR IN-PERSON.
FOR MORE INFORMATION, CONTACT MARK MCQUADE
AT 574.269.9622 X232 OR MMCQUADE@KCYMCA.ORG.**

MEET OUR STAFF



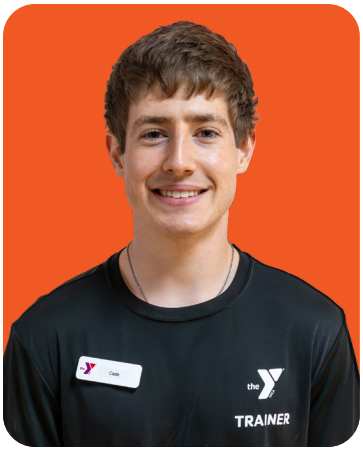
SONJA FUSSLE
PERSONAL TRAINER
TRAINS AT THE PARKVIEW WARSAW YMCA & DOWNTOWN WARSAW YMCA

Sonja is a NASM Certified Personal Trainer and Nutrition Coach passionate about helping others live active, healthy lives. She enjoys creative ways to stay moving—especially outdoors—and has completed several half marathons. Her favorite activities include rock climbing, hiking, water sports, dancing, and recreational running. Always learning, Sonja is dedicated to helping clients grow stronger, feel better, and live well at every stage of their wellness journey.

COOPER HULL
PERSONAL TRAINER
TRAINS AT THE PARKVIEW WARSAW YMCA & DOWNTOWN WARSAW YMCA

Cooper is a NASM-certified personal trainer and Exercise Science major at Grace College, currently pursuing certification as a Nutrition Coach. His own inspiring weight loss journey fuels his deep understanding of the human body and commitment to personal growth. With a calm, encouraging style, he motivates clients through support rather than intimidation. Experienced in athlete-specific strength training and passionate about helping others reach their goals, Cooper is a relatable coach who walks alongside clients on their wellness journey.





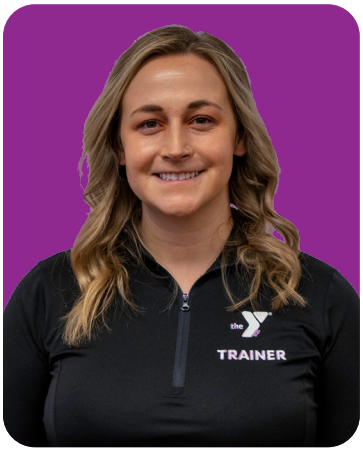
CADE JACKSON
PERSONAL TRAINER
TRAINS AT THE PARKVIEW WARSAW YMCA & DOWNTOWN WARSAW YMCA

Cade is a NASM-certified personal trainer and Grace College graduate with a degree in Exercise Science. With experience observing in hospital and physical therapy settings, he takes a thoughtful, informed approach to fitness. Kind, caring, and attentive, Cade listens to clients' goals and prescribes the right exercises to help them succeed. His commitment to perseverance inspires clients to stay consistent and resilient. In his free time, he enjoys boxing, working out, spending time with family, and continually learning.

ROSANNA LATHAM
PERSONAL TRAINER
TRAINS AT THE PARKVIEW WARSAW YMCA & DOWNTOWN WARSAW YMCA

Rossana is a NASM Certified Personal Trainer and Livestrong at the Y Instructor with experience designing fitness programs for individuals managing chronic conditions, including cancer. Her own wellness journey inspired a passion for helping others through empathy and encouragement. Rossana focuses on strength, mobility, and core training to improve overall functional fitness. A dedicated athlete, she has placed in multiple bodybuilding competitions in Fort Wayne and Indianapolis. Her compassionate approach and commitment to personal growth make her a strong motivator for anyone looking to improve their health and well-being.





FAITH LONG
PERSONAL TRAINER
TRAINS AT THE PARKVIEW WARSAW YMCA & DOWNTOWN WARSAW YMCA

Faith is an ACE Certified Personal Trainer and Nutrition Specialist with a degree in Exercise Science from Grace College. A former collegiate soccer athlete and mother of two, she also holds certifications in prenatal, postnatal, and functional training. Having recovered from ACL surgery herself, Faith values strength, recovery, and a healthy relationship with fitness and food. She's passionate about helping others grow stronger and proudly supports the YMCA's mission of building healthy spirit, mind, and body for all.

WILEY MINIX
PERSONAL TRAINER
TRAINS AT THE PARKVIEW WARSAW YMCA & DOWNTOWN WARSAW YMCA

Wiley is a NASM-certified personal trainer who is also studying Exercise Science at Grace College. His background in exercise comes from working out for basketball, where he played in high school and now plays in college at Grace. He enjoys working out just as much as playing basketball, and it gives him a unique perspective on exercise, emphasizing hard work and personal development. Also at the Y, he is a youth basketball trainer, as well as a fitness desk monitor. Outside of working out, he enjoys being outdoors, traveling, and spending time with friends and family.





ISABELLE RITTER
PERSONAL TRAINER
TRAINS AT THE PARKVIEW WARSAW YMCA

Isabelle is a certified personal trainer through NASM as well as a certified holistic health coach. She is incredibly passionate about all things health and fitness. Her passion for fitness started as a teenager because of a health complication that led her to fall in love with the burn and the emotions of a good workout. She believes that movement and healthy eating will do wonders for mental and physical health, and hopes that she can help her clients feel that same incredible feeling!

TARA ROBINSON
PERSONAL TRAINER
TRAINS AT THE PARKVIEW WARSAW YMCA

Tara is a Certified and Licensed Athletic Trainer (ATC/L) with a Master's in Exercise and Sports Medicine from Western Michigan University. She also holds a CSCS, Adaptive Training Certification, and ACE Fitness Nutrition Specialist credential. With experience working with Division I, professional, and international athletes, Tara now serves as an athletic trainer at Parkview. She brings expertise in injury rehab and performance training, helping clients recover, get stronger, and reach their goals. Passionate about movement, Tara brings energy and excellence to every session.





JENNIFER ZUMBRUN
PERSONAL TRAINER
TRAINS AT THE PARKVIEW WARSAW YMCA & DOWNTOWN WARSAW YMCA

Jen is a NASM Certified Personal Trainer and Nutrition Coach who left a successful marketing career to follow her calling in health and fitness. A former marathon runner and race director for the B Strong 5K in Bremen, Jen brings a wealth of energy and heart to her work. She's passionate about helping others reach their fitness goals and believes in the power of relationships, faith, and doing what you love. Whether she's coaching clients, spending time outdoors with her family and dogs, or encouraging someone on their wellness journey, Jen is dedicated to inspiring lasting, positive change.

EMILY WEESNER
PERSONAL TRAINER
TRAINS AT THE PARKVIEW WARSAW YMCA

Emily is an ACE-certified Group Fitness Instructor and Strength & Conditioning Specialist, as well as a Level 1 CrossFit Trainer. With over 15 years of experience, she's passionate about helping individuals of all fitness levels become their strongest, healthiest selves. Her training philosophy centers on proper form, progressive overload, and building a strong, functional physique through personalized plans that meet clients where they are. A former teacher turned fitness professional, Emily discovered the transformative power of fitness as a young mother of three, finding strength and purpose through the YMCA. Outside the gym, she's an advanced open water scuba diver who enjoys traveling and hiking with her husband.

