



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



LETS 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 \$9 FOR A 30 MINUTE SESSION, \$24 FOR AN HOUR LONG SESSION OR \$19 IF YOU SHARE THE HOUR LONG SESSION WITH SOMEONE YOU KNOW.

PRICING

PRICES ARE PER PERSON PER SESSION	INDIVIDUAL		WITH A PARTNER
	30 MINUTE SESSION	1 HOUR SESSION	1 HOUR SESSION
MONTH TO MONTH	\$15	\$30	\$23 EACH
3 MONTH PROGRAM	\$12	\$27	\$20 EACH
6 MONTH PROGRAM	\$9	\$24	\$19 EACH

3, 4, 8, 12, OR 16 SESSIONS A MONTH. MINIMUM OF 3 SESSIONS A MONTH.

MEET OUR PERSONAL TRAINERS!



ANDREW FRISCHMAN | Andrew is a graduate of Grace College with a degree in Exercise Science. Additionally, he is a Certified Personal Trainer through the National Academy of Sports Medicine (NASM). Andrew is passionate about helping individuals optimize their performance and health in all areas of life. His desire is to help you reach your goals and full potential. When not training, Andrew enjoys participating in obstacle course racing, Brazilian Jiu-Jitsu, and spending time with his wife.

ANNE PETRE | Anne received her Master's in Recreation Therapy from Indiana University in 2010 and has been working in community health and wellness with individuals with disabilities, injury, or special accommodations since June of 2009. She is also certified in Group Exercise, Yoga Fit Level 1, and is a LIVESTRONG® at the YMCA coach. Anne 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.



FAITH LONG | Faith graduated from Grace College and has a degree in exercise science. She is also an ACE certified personal trainer and she is currently studying to be an ACE Nutrition Specialist. Faith desires to help others achieve their fitness and wellness goals. She also wants to help people have a healthy relationship with food. Faith has always been passionate about fitness and seeing it as a privilege. She is excited for her opportunity to work with the YMCA in their pursuit to build healthy spirit, mind and body for all.

STACI WOOLLEY | Staci is an ACE certified personal trainer and believes that the habit of exercise is a cornerstone that can have a positive effect on all areas of a person's life and wants to help cultivate that habit.



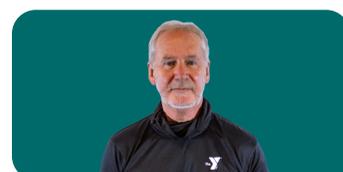
JOSH OGDEN | Received his personal trainer certification from the International Sports Science Association. He is the founder of Anchored Fitness and has been a professional personal trainer since 2019. Josh has a lifelong passion for fitness and exercise. His goal is to help others to achieve physical and mental wellness through safe and effective exercise that will lay a foundation to last throughout their life. "Fitness can be the anchor that establishes a base for everything else in your life."

JO PALLADINO | Jo graduated from Grace College with a degree in Exercise Science. Along with her degree, she is an ACE certified personal trainer and nutrition specialist. Jo has been involved with personal training for 4 years and has worked with a variety of people. Jo is passionate about educating people of all ages and abilities on how to develop healthy living habits that are geared toward their goals.



LAUREN FREDERICK | Lauren received her personal training certification through NASM. She enjoys encouraging others to engage in mindful movement, not only for physical health but for mental health as well. She has a passion for helping and guiding others on their own personal fitness journey.

LARRY DIXON | Larry has been into the Health and Fitness Lifestyle for over 35 years. About 4 years ago he received his Personal Training Certification from ACE (American Council on Exercise). He also earned his Nutrition Specialist Certification through ACE. His passion is to help others live a healthy lifestyle and help them see what amazing rewards this lifestyle can give. Larry can help you reach your fitness goals.





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.

SUSIE SUTTLES | Susie graduated from St. Petersburg College with a Physical Therapist Assistant Degree. She also received her Personal Training Certification through NASM and has been training for 2 years. Susie is passionate about helping others create a healthy, balanced, and sustainable lifestyle. Her goal is to teach you how to exercise effectively and have fun while doing it.



MARK MCQUADE | Mark McQuade was able to complete his co-op experience at the Y this past year, during which he received YMCA's strength and conditioning Instructor certification along with the ACE-IFT model's personal training Program. Mark plans to continue his education in health and fitness as he pursues a degree in exercise science at Indiana Wesleyan University. 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.

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 AND COMMUNITY MEMBER \$20.00

**CUSTOMER LOYALTY PRICE (AFTER INITIAL TEST) | MEMBER \$6.00 I
COMMUNITY MEMBER \$12.00**

**FOR QUESTIONS CONTACT: FAITH LONG, WELLNESS COORDINATOR AT 574.269.9622
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