



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 \$12 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 | YMCA MEMBERS

MONTH TO MONTH

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

ONCE YOU CHOOSE YOUR PROGRAM LENGTH YOU CAN THEN CHOOSE HOW OFTEN YOU WANT TO MEET WITH YOUR TRAINER. CHOOSE BETWEEN 3*, 4, 8, 12, AND 16 SESSIONS A MONTH

**MINIMUM OF 3 SESSIONS A MONTH.*

PAID UP FRONT

NUMBER OF SESSIONS	7 SESSIONS (1 HOUR SESSIONS)	25 SESSIONS (1 HOUR SESSIONS)	N/A
PRICE PAID UP FRONT	\$182	\$600	N/A

PRICING | COMMUNITY MEMBERS

PAID UP FRONT

NUMBER OF SESSIONS	7 SESSIONS (1 HOUR SESSIONS)	25 SESSIONS (1 HOUR SESSIONS)	N/A
PRICE PAID UP FRONT	\$210	\$650	N/A

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

MEET OUR PERSONAL TRAINERS!



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.

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.



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.

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.



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 earned her Bachelor of Science in Nursing Education degree from Indiana Wesleyan University in the spring of 2004. Post-graduation she was employed by a Level 4 Regional Transport Center Neonatal Intensive Care Unit for 14 years. Rachel began her interest in fitness by competing in OCB Figure competitions. Her ever-deepening passions for total health, fitness and competitive bodybuilding lead to her return to school and she became a National Academy of Sports Medicine Certified Personal Trainer in 2018. She works to inspire in her client's love of fitness and wellness.





KRISTINE NORTON | Kristine graduated from Purdue University with a BS in Biology and, more recently, got her Personal Training Certification through NASM. She is currently working towards her Nutrition Certification as well. Her passion for exercise and health began in her early teens when running became a big part of her life. She believes that the benefits of building a strong and healthy body through exercise and proper nutrition not only affects mental and physical health but builds a sense of personal confidence and connection. Kristine enjoys various activities with her husband and three boys including tennis, skiing, and water sports. She is excited to share her love for movement and strength building with clients through personal training.

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 X252 OR FLONG@KCYMCA.ORG