



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

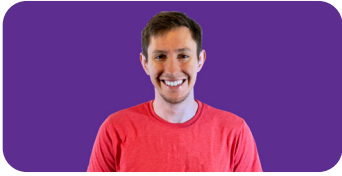
EVER! ALL YMCA MEMBERS HAVE ACCESS TO ONE FREE 45 MINUTE PERSONAL TRAINING SESSION WITH A CERTIFIED PERSONAL TRAINER. AFTER THAT, PERSONAL TRAINING SESSIONS ARE AS LOW AS \$9 FOR A 30 MINUTE SESSION, \$24 FOR AN HOUR LONG SESSION OR \$19 IF YOU SHARE THE HOUR LONG SESSION WITH SOMEONE YOU KNOW.

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 passionate about helping individuals optimize their performance and health in all areas of life.

ANNE PETRE | As a recreation therapist Anne is able to assist individuals of all levels, help those with physical or developmental disabilities and those recovering from surgery or injury.



DANIEL RICO | Daniel currently practices as a physical therapist assistant and is passionate about helping others live healthy, happy, and pain free as they pursue their own health and fitness journeys.



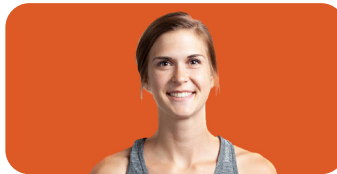
STACI WOOLLEY | Staci is an ACE certified personal trainer and believes that the habit of exercise is a cornerstone that can have a positive effect on all areas of a person's life and wants to help cultivate that habit.



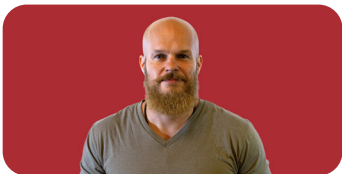
FAITH LONG | Faith loves to help others achieve their fitness and wellness goals and to have a healthy relationship with food.



JO PALLADINO | Jo is passionate about educating people of all ages and abilities on how they can develop healthy living habits that are geared toward their goals.



JOSH OGDEN | Josh has a lifelong passion for fitness and exercise. His goal is to help others to achieve physical and mental wellness through exercise that will lay a foundation to last a lifetime.



LARRY DIXON | Larry has a passion for helping others live a healthy lifestyle and help them see what amazing rewards this lifestyle can give.



LAUREN FREDERICK | Lauren enjoys encouraging others to engage in mindful movement, not only for physical health but for mental health as well.



ALLISON KAUFFMAN | A graduate of Grace College with a degree in Exercise Science is certified by the American Council on Exercise and a Certified Strength and Conditioning Specialist.



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