



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LET'S GET STRONGER 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.

**PARKVIEW WARSAW YMCA | WARSAW, INDIANA**

## PERSONAL TRAINING PRICING

PRICES ARE PER PERSON PER SESSION	INDIVIDUAL		WITH A PARTNER
	30 MINUTE SESSION	1 HOUR SESSION	1 HOUR SESSION
<b>MONTH TO MONTH</b> 3, 4, 8, 12, OR 16 SESSIONS A MONTH. MINIMUM OF 3 SESSIONS A MONTH.	\$15	\$30	\$23 EACH
<b>3 MONTH PROGRAM</b> 3, 4, 8, 12, OR 16 SESSIONS A MONTH. MINIMUM OF 3 SESSIONS A MONTH.	\$12	\$27	\$20 EACH
<b>6 MONTH PROGRAM</b> 3, 4, 8, 12, OR 16 SESSIONS A MONTH. MINIMUM OF 3 SESSIONS A MONTH.	\$9	\$24	\$19 EACH

## MEET OUR PERSONAL TRAINERS



**BRENDA ALLBRITTEN** | is certified in Personal Training and Strength & Conditioning, Indoor Group Cycling, Jonny G Spinning, and is a LIVESTRONG® at the YMCA coach. Brenda's passion is bringing others to fitness, making it a part of their life so they can share it with others. Brenda says, "We all experience our own journey in fitness, and several people helped me find my way, so I love the ability to be able to give back to others. There is not one cookie cutter way to reach people and this is ultimately what led me to Personal Training." Women and youth are her areas of expertise.



**LARRY DIXON** | 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.



**KATIE FLESHOOD** | Health and fitness have been a passion of Katie's from an early age. She received her personal training certification through AFAA (Aerobics and fitness association of America) in 2014. She loves being able to guide and encourage whoever she can along their unique fitness journey.

## MEET OUR PERSONAL TRAINERS CONT.



**ALLISON KAUFFMAN** | is a graduate of Grace College with a degree in Exercise Science. She received her personal training certification from the American Council on Exercise (ACE). She is also a Certified Strength and Conditioning Specialist. Allison enjoys working with all age groups and ability levels. Her passion is helping people reach the goals that they set, whether that's becoming a better athlete, losing weight or maintaining a healthy lifestyle.



**MEGAN KEYSOR** | Received her personal training certification from the American Council on Exercise. She is currently pursuing a degree in exercise science with a pre-physical therapy concentration at Grace College. After graduation, she plans to take a "gap year" and look into earning an associate of science in physical therapy degree. Megan loves to tell about the impact that physical fitness has had on her life and to help others make changes in order to create a positive effect on their lives as well.



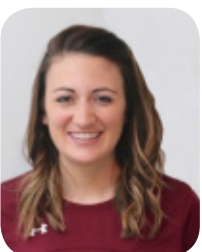
**FAITH LONG** | Graduated from Grace College and has a degree in exercise science. She is also an ACE certified personal trainer and she is currently studying to be an ACE Nutrition Specialist. Faith desires to help others achieve their fitness and wellness goals. She also wants to help people have 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.



**MAKAYLA BURTNER** | A certified personal trainer through the American Council of Exercise as of August 2018. She is currently finishing her bachelor's at Grace College as an Exercise Science major with a focus on health and wellness. She enjoys sharing her love and knowledge of exercise and movement with anyone who has a desire to become stronger and healthier.



**JO PALLADINO** | 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 wide variety of people. 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.



**ANDI WIDBIN** | Is a Grace College graduate and has received her personal training certification from the American Council on Exercise (ACE). She has a passion for helping people to experience joy through healthy lifestyle and loves to aid others in successfully meeting their individual fitness goals.

## MEET OUR PERSONAL TRAINERS CONT.



**ANNE PETRE** | 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. As a recreation therapist 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.



**MARK MCQUADE** | Completed 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 | COMMUNITY MEMBER \$20.00

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

**FOR QUESTIONS CONTACT: FAITH LONG, WELLNESS COORDINATOR AT  
574.269.9622 X252 OR FLONG@KCYMCA.ORG**