



# HEALTH & WELLNESS PERSONAL TRAINING

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## STAFF CONTACT

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## PERSONAL TRAINING

Our nationally-certified Personal Trainers are excited to help you take your fitness to a whole new level. No matter what your current ability, we will help you set some challenging goals and give you the training prescription to attain them. Do not let a physical limitation hold you back. We have trainers equipped to help those with special concerns.

### SMART START (Y MEMBERS ONLY - AGES 12 YEARS & UP)

Smart Start Coaching is a free 3-session coaching program, and is available to new and current YMCA members. During the program, you will meet with our highly trained wellness professionals to establish your goals, develop a personalized fitness plan, and experience a customized personal training session! **Appointment 1: Consultation and Goal Setting** (about 30mins). **Appointment 2: Equipment Orientation and Body Composition** (about 45mins). **Appointment 3: Customized 30 min. Personal Training Session.**

**By appointment only**

**Y Member: FREE**

### BODY COMPOSITION (AGES 10 YEARS & UP)

The scale is not the only tool to measure your fitness, but it is an actual measure of your health. Body composition measures the percentage of fat compared to fat-free mass (muscle, bone, and water) in your body. If you lose 5 pounds of fat and gain 5 pounds of muscle you will lose inches, burn fat, and raise metabolism. Get your body composition numbers and reveal whether any adjustments to your exercise program or eating habits need to be made to reach your health and wellness related goals.

Personal Training Office. **By appointment only**

**Y Member: \$19**

**General Public: \$38**

### PREMIUM CONSULT

Are you looking to improve the way you move, maximize your workouts, and stay injury free? Our experienced trainers will work with you to identify your goals and will provide you with a structured program that is designed specifically for you. You will be assessed through a detailed movement screen to identify movement imbalances that may contribute to aches, pains, and decreased performance. Sign up today to get moving and feeling your absolute best. Two 30-minute sessions.

**Y Member: \$68**

**General Public: \$136**

### PERSONAL TRAINING PACKAGES (Y MEMBERS ONLY - AGES 10 YEARS & UP)

Find out what you are capable of! Team up with a certified personal trainer to receive a fitness plan that is tailored just for you. We have the knowledge and expertise to create innovative and engaging programs for athletes, recreational exercisers, teens, rehabilitation referrals, special populations and active older adults. The constant motivation, support, and encouragement will provide a fun, uplifting experience, and get you on the right track toward accomplishing your goals. Sessions are 60 minutes each and may be scheduled any time based on Trainers availability. Unused sessions expire within six months.

### PERSONAL TRAINING 2-Person PACKAGES (1-2 TRAINING) (Y MEMBERS ONLY - AGES 10 & UP)

If you are more comfortable teaming up with a friend or family member, we offer 2-Person training sessions.

\*Each appointment made counts as a session for both people, even if one doesn't show.

### SMALL GROUP TRAINING 3-6 People (Y MEMBERS ONLY - AGES 10 & UP)

You can train together with your friends or family members to make an impact on your health and fitness.

You create the group, save money and have fun with others while getting fit. \*Each appointment made for

the group counts as a session for all group members, even if a group member doesn't attend.

Class Name	1 Session	3 Sessions	5 Sessions	10 Sessions	15 Sessions
Personal Training Individual	\$50	\$140	\$220	\$360	\$480
2-Person Training	\$29/person	\$89/person	\$120/person	\$212/person	\$300/person
Group Training 3+people	\$23/person	\$62/person	\$98/person	\$117/person	\$209/person

**Ask About Our Additional Training Programs:** Virtual Personal Training, Aquatics Personal Training, Speed/Agility Training, and Performance Training.

By appointment only. Please contact Andy Molski to schedule. 24-Hour Cancellation Policy.

### PILATES PERSONAL TRAINING

Experience one-on-one or 2-person training with a Certified Stott Pilates trainer. Choose mat or reformer Pilates or a combination of both, personalized to fit your needs.

Class Name	1 Session	5 Sessions	10 Sessions
Pilates Personal Training	\$46	\$175	\$320
Pilates 2-Person Training	\$29/person	\$109/person	\$183/person
General Public-Individual	\$72	\$280	\$490

Pilates Packages purchased at Front Desk and appointments will set up after purchase. 24-Hour Cancellation Policy.

### SMALL GROUP TRAINING (AGES 12 YEARS & UP)

#### PILATES REFORMER INTERMEDIATE

Continue your Pilates Reformer training in this small group class. Previous Pilates Reformer training is required. **Limit 5 participants. Location: Core Room.**

**Class Day and time: Mondays 5:00-5:45pm**

**Fall Session 1 Sept 5- Oct 21 (6 weeks)**

**Y Member: \$60**

**General Public: \$73**

**Fall Session 2 Oct 22- Dec 16 \*No classes week of Thanksgiving (7 weeks)**

**Y Member: \$70**

**General Public: \$86**

**TRX** is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the **TRX** Suspension Trainer, a performance-training tool that leverages gravity and the user's body weight to complete the exercises.

**Limit 8 participants per class. Location: Core Room**

**Class day and time: Wednesdays 5:15p-6:00p**

**Fall Session 1 Sept 5- Oct 21 (7 weeks)**

**Fall Session 2 Oct 22-Dec 16 \*No classes Thanksgiving week (7 weeks)**

**Y Member: \$24 General Public \$48**

**BATTLE ROPES BURN** is a small group training class that blends bodyweight exercises with the use of battle ropes to improve conditioning, coordination, and strengthen the entire body in just 30 minutes. All sessions are instructed by a certified personal trainer. **Limit 3 participants. Location: Training Room.**

**Class Day and time: Mon and Wed 4:30-5:00pm**

**Fall 1A Sept 11-Sept 27 (3 weeks, 6 classes total)**

**Fall 1B Oct 9- Oct 25 (3 weeks, 6 classes total)**

**Fall 2 Nov 6-Nov 22(3 weeks, 6 classes total)**

**Y Member: \$20**

**General Public: \$40**

**SPRINT 8** small group training. Take your wellness journey to the next level. SPRINT 8 Small Group Training combines the energy of group classes with the individualized attention of personal training. 45 minute, full body workout that combines cardio using SPRINT 8 intervals and strength training to provide you maximum results.

**Class Day and Time: Tue and Thurs 5:30am-6:15am OR Tue and Thurs 4:15pm-5:00pm**

**Fall 1 Sept 12-Oct 12 (5 weeks, 10 classes)**

**Fall 2 Oct 17-Nov 16 (5 weeks, 10 classes)**

**Y Member: \$100**

**General Public: \$200**