



HEALTH & WELLNESS PERSONAL TRAINING

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STAFF CONTACT

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COVID-19 INFORMATION

- Please monitor for symptoms of COVID-19. You should stay home if any symptoms are observed.
- Anyone 5 years and older are required to wear a mask at the YMCA. This includes in all Group Exercise Classes and in the Wellness Center. Exemptions include but are not limited to; individuals who have difficulty breathing, medical conditions that prevent wearing a face covering, sensory sensitivities, developmental disabilities or when eating or drinking.
- Enhanced cleaning and disinfecting procedures are in place. All equipment and touchpoints will be disinfected regularly and after each class.

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.

30-MINUTE PERSONAL TRAINING CONSULT

New clients receive a free 30-minute consultation. Custom packages available upon request.

Location: Personal Training Office

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: \$15

General Public Not admitted at this time

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

Your path begins with knowing YOUR starting point, where YOU want to go, and creating an action plan of how YOU will get there. Team up with a Certified Personal Trainer to help you along the way through creating realistic goals, obtaining baseline measurements and assessing where YOU are at in regards to health & wellness. We will help you reach the goals you've been wanting to achieve. Personal Training Office.

Package Includes: 1 consultation, 2 60-minute personal training sessions, 1 body composition assessment.

By appointment only

Y Member \$75

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.

Class Name	1 Session	3 Sessions	5 Sessions	10 Sessions	15 Sessions
Personal Training Individual	\$42	\$112	\$167	\$282	\$342
2-Person Training	\$52	\$150	\$225	\$400	\$575

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.