



# PERSONAL TRAINERS

Achieve and exceed your health and fitness goals with the support and guidance of one of our nationally Certified Personal Trainers (CPT). Our CPTs will create a safe and effective exercise program customized for your personal health and fitness goals. At Central YMCA we believe that being healthy and being fit is a lifestyle and a journey and we are here to help you every step of the way. Whether your goal is to lose weight, build core strength, run a marathon or to simply live healthier, our CPTs will help you get there.

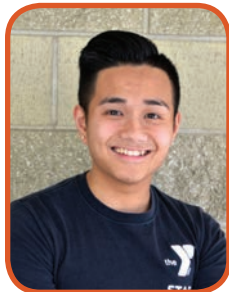
## OUR FOUR STEP APPROACH

**Assessment:** Your Certified Personal Trainer will assess the following areas: exercise history, static posture, functional movement patterns, and your goals/barriers.

**Program Design:** We'll take the information from your assessment to design a specialized program that works with your lifestyle, schedule, needs and goals.

**Program Instruction:** We'll guide you through your personalized program. Every step of the way we will emphasize safety, proper form and technique. Personal instruction provides motivation and accountability. This will lead to meeting and exceeding your fitness goals.

**Re-assessment Progression:** A re-evaluation is recommended every 4-6 weeks. At that time, we'll design a follow-up program to address your new abilities, goals, and needs. We are committed to helping you achieve your goals within your parameters.

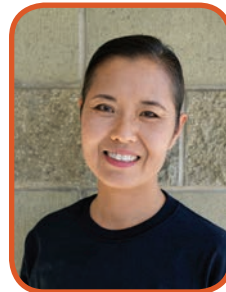


### CHRIS

**Specializations:**

- Strength/Conditioning
- Sports Training
- Weight Loss

Mahusay Po Akong Magtagalog



### MISTY

**Specializations:**

- Nutrition/Weight Loss
- Circuit Training
- Youth Fitness

한국말로 지도가능

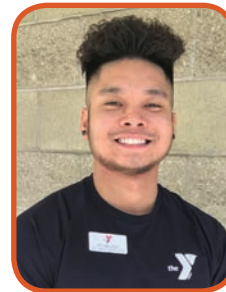


### EWA

**Specializations:**

- Strength/Conditioning
- Outdoor Training
- Nutrition/Weight Loss

Mówię po Polsku



### HEATH

**Specializations:**

- Strength/Conditioning
- HIIT Training
- Weight Loss

Tôi nói tiếng Việt



### MELANIE

**Specializations:**

- Senior Fitness
- Nutrition/Weight Loss
- Balance/Core

"I enjoy my coach Misty. She is very helpful and knowledgeable. She takes the time to answer my questions and helps me to be healthy."  
- SEER Survey Anonymous Member

"Since signing up for personal training I have had a greater connection to the Y as I have been more committed to my health. It has been great discussing healthy lifestyles with someone."  
- SEER Survey Anonymous Member

### PERSONAL TRAINING

**One-on-One Personal Training Package**  
60-minute sessions

1 session	\$65	
4 sessions	\$247	(\$61.75 per session)
8 sessions	\$468	(\$58.50 per session)
12 sessions	\$663	(\$55.25 per session)

**New INTRODUCTORY offer exclusive for first-timers 3 ONE HOUR SESSIONS for \$105!**  
(Packages valid for six months after date of purchase.)

## QUICK TIPS FROM OUR TRAINERS:



GET 7-8 HOURS OF SLEEP DAILY



DRINK 8 CUPS OF WATER DAILY



EAT MORE FRUITS & VEGGIES



TRACK YOUR FOOD INTAKE



DON'T SKIP MEALS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## I'M INTERESTED IN PERSONAL TRAINING

FILL OUT OUR ONLINE REQUEST FORM:

[ymcasv.org/eastvalley/html/programs\\_personaltraining.html](http://ymcasv.org/eastvalley/html/programs_personaltraining.html)

## QUESTIONS?

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# A HEALTHY OUTSIDE STARTS FROM THE INSIDE

Personal Training  
EAST VALLEY FAMILY YMCA

