

## REGISTER FOR PERSONAL TRAINING

Finding a Personal Trainer who can help you meet your health and fitness goals is as easy as 1-2-3.

1. Complete and submit this form to our Member Services Desk. You can also fill out the form online at:  
[ymcasv.org/northwest/html/programs\\_personaltraining.html](http://ymcasv.org/northwest/html/programs_personaltraining.html)
2. We will match you with a Personal Trainer who best fits your needs.
3. A Personal Trainer will contact you to discuss goals and schedule an initial session.

### For Staff Use Only:

Date \_\_\_\_\_ and return to Matt Montelongo's mailbox.



### SMALL GROUP PERSONAL TRAINING

These Strength Training Classes include 3-6 people per class, last one hour, are led by a certified Personal Trainer and are open to both Facility and Program members. We offer men's, women's, youth and co-ed classes.

Upon members' request we can create classes for those who have a compatible schedule, similar training needs and who may wish to work out together for some additional fun and reciprocal support. Schedule is flexible based on the preference of the group and availability of trainers.

#### Fees:

- \$112 per Facility Member per each 8 week session
- \$168 per Program Member per each 8 week session

**Please note: All Personal Training packages expire one year from the purchase date.**

Contact Matt Montelongo at 408-257-7160 or [mmontelongo@ymcasv.org](mailto:mmontelongo@ymcasv.org) for information about these or any of our wellness programs.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GIVING YOU THE SUPPORT YOU NEED

## Personal Training NORTHWEST YMCA



**NORTHWEST YMCA**  
20803 Alves Drive, Cupertino CA 95014  
408 257 7160 | [nwymca.org](http://nwymca.org)



**ANDY UNZEN**

- Specializations:**
- Weight Loss
  - Muscle Toning
  - Strength Training



**JACE ASUAL**

- Specializations:**
- Weight Loss/Fat Loss
  - Balance/Core Stability
  - Boxing/Cardio Boxing



**ENOCH QUON**

- Specializations:**
- Doctor of Physical Therapy Candidate
  - Strength Training/Weight Loss
  - Post-Rehabilitation Training



**RON MILLER**

- Specializations:**
- Group Exercise
  - Cancer Recovery Classes
  - Personal Training—Older adults, limited disabilities



**GEORGE CHENG**

- Specializations:**
- Stretching
  - Mind/Body/Corrective Exercises
  - Body Weight/Gymnastics Conditioning



**SHANNON STOY**

- Specializations:**
- Health Coach/Weight Loss
  - Strength Training
  - Mind-Body



**HELEN ZHUK**

- Specializations:**
- Bodyweight Workout for Women
  - Kundalini Yoga and Stretching for Athletes
  - Strength and Conditioning for Women



**SONG BENNETT**

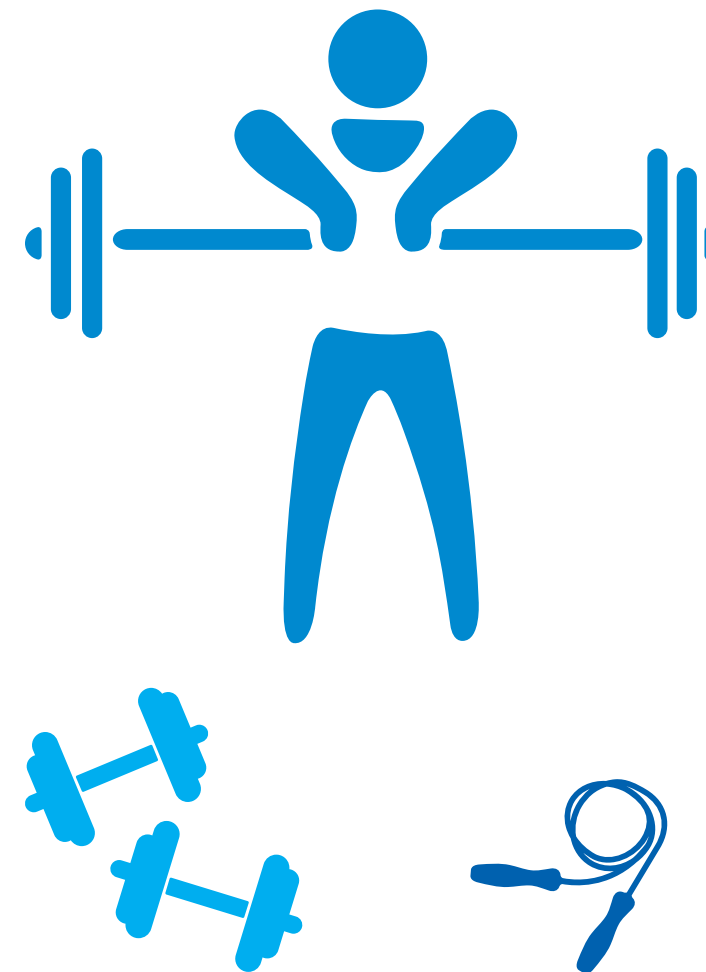
- Specializations:**
- Youth/Seniors, Fitness Specialist
  - Sports Specific
  - Adaptive Fitness

## GROWING STRONGER TOGETHER

As a member of Northwest YMCA you are entitled to three free Wellness Coaching/Orientation sessions. Our Wellness Coaches provide you with basic instruction to begin your fitness journey and to help you become familiar with Y programs. Contact our Wellness Center (408 351 2440) to schedule an appointment.

When you are ready to take your workout up a notch, our certified Personal Trainers are here to design your personal plan and offer the attention to help you see it through.

You'll find that at the Y it's not just about pounds or inches, it's also about how great you feel. Your trainer and all our staff are here to support you and encourage you as you make progress toward your goals. You'll also meet a supportive community of friendly people who will become your workout buddies and lifelong friends.



### PERSONAL TRAINING

Optimize your time, energy, and each exercise of your fitness program with one-on-one personal training. Personal Training is only available to Facility Members.

#### One Hour Private Sessions

Our certified Personal Trainers will design a safe and effective exercise program based upon your personal fitness level and goals.

<b>1 session</b> \$60	<b>4 sessions</b> \$200
<b>6 sessions</b> \$285	<b>8 sessions</b> \$360
<b>12 sessions</b> \$540	<b>24 sessions</b> \$1,080

#### Semi-Private Sessions

Do you wish to workout with a loved one or friend? We offer semi-private classes where you still get personal attention and can also share the motivation. Fees as listed are per person.

<b>1 session</b> \$35	<b>4 sessions</b> \$120
<b>6 sessions</b> \$165	<b>8 sessions</b> \$200
<b>12 sessions</b> \$300	<b>24 sessions</b> \$600

**Please note: All Personal Training packages expire one year from the purchase date.**