



VALPARAISO FAMILY YMCA

Personal Training



Individual, Buddy and Small Group Training packages





Personal Training

Whether you are just getting started on your fitness journey, need to increase your mobility, endurance or flexibility, want to lose weight or simply want a little extra coaching and motivation, our certified personal trainers will empower you to reach your health and fitness goals.

Start your journey to better health with us!

[VALPOYMCA.ORG/PERSONALTRAINING](https://valpoymca.org/personaltraining)



Individual, Buddy and Small Group Training Packages



Go to **VALPOYMCA.ORG/PERSONAL TRAINING** to answer some quick questions and we'll connect you with the perfect trainer for your journey.



FIND YOUR PERSONAL TRAINER TODAY!

Take the intimidation out of your fitness journey by discovering a personal trainer who fits your lifestyle. The YMCA is here for all, and we have a personal trainer for every lifestyle.

Cathy Greenawald

About Me

I celebrate and strive for every day success in myself and my clients big and small. I am always expanding my fitness library from personal training specialties to improving as a group exercise instructor.

Certifications

NASM CPT, TRX Certified, Balanced Body Pilates Reformer, Strong and CEU's in Kettlebells, and more

Training style

I focus on building on my clients' own personal strength with a variety of activities and an emphasis on core.



Katie Rangel

About Me

I grew up with an innate love for movement and enjoy extending that same passion onto others. I take pride helping clients break through their initial mindset and modifying their lifestyle to exercise.

Certifications

ACSM Certified Exercise Physiologist & NASM CPT.

Training style

Fun, efficient, and versatile.



We will work with you to develop a customized program designed to meet your personal goals and then support you every step of the way.



LEARN MORE ABOUT OUR TRAINERS AT VALPOYMCA.ORG/PERSONALTRAINING



Tony Edwards

About Me

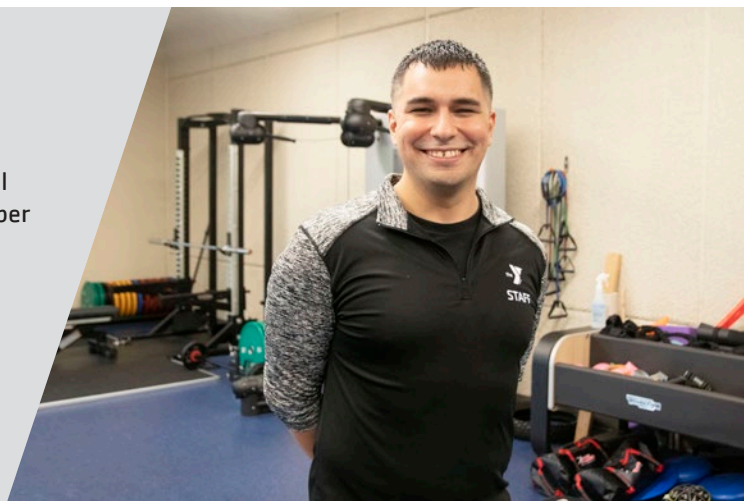
I've always been involved in sports, but my passion for fitness developed while fine tuning my own workout routine for several years. I enjoy helping people improve their wellness & it's a super rewarding job knowing you can make a difference.

Certifications

ACE Personal Trainer, ACE Corrective Exercise Specialist, ACE Sports Performance Specialist, NETA Kettlebell Level 1.

Training style

I challenge my clients & push them out of their comfort zone, but I also know when to pull back, which is equally important.



Cariann Turner

About Me

I am the former lifting & conditioning coach for Valpo University Tennis and Softball from 2009-2013. I have been teaching group exercise and designing fitness programs for people since 1984. My first passion was bodybuilding, but found that my true love was for cardio fitness. I have done over 40 sprint Triathlons!

Certifications

NASM Personal Trainer, NASM Performance Enhancement, TRX Certified.

Training style

My goal is to help people discover the benefits of exercise and make it enjoyable, not a chore.



Jen Dixon

About Me

I love fitness and exercise, but I also have always been interested in teaching or psychology — personal training lets me do it all! Having a client look at you and say "I never thought I could do that." is what drives me.

Certifications

NASM CPT, NETA Cycle Certified, TRX Certified, Pilates Reformer Certified.

Training style

I adapt to whatever each client needs during each training session. Everyday is different!



Mike Jones

About Me

I completed over 56 marathons, ten 50ks, three 50 mile races, 1 Half Iron Triathlon, and 34 Chicago to Mackinac Island sailing races. I have trained a 70 yr old Professor to climb Mount Kilimanjaro & a 74 yr old to have the strength to water ski.

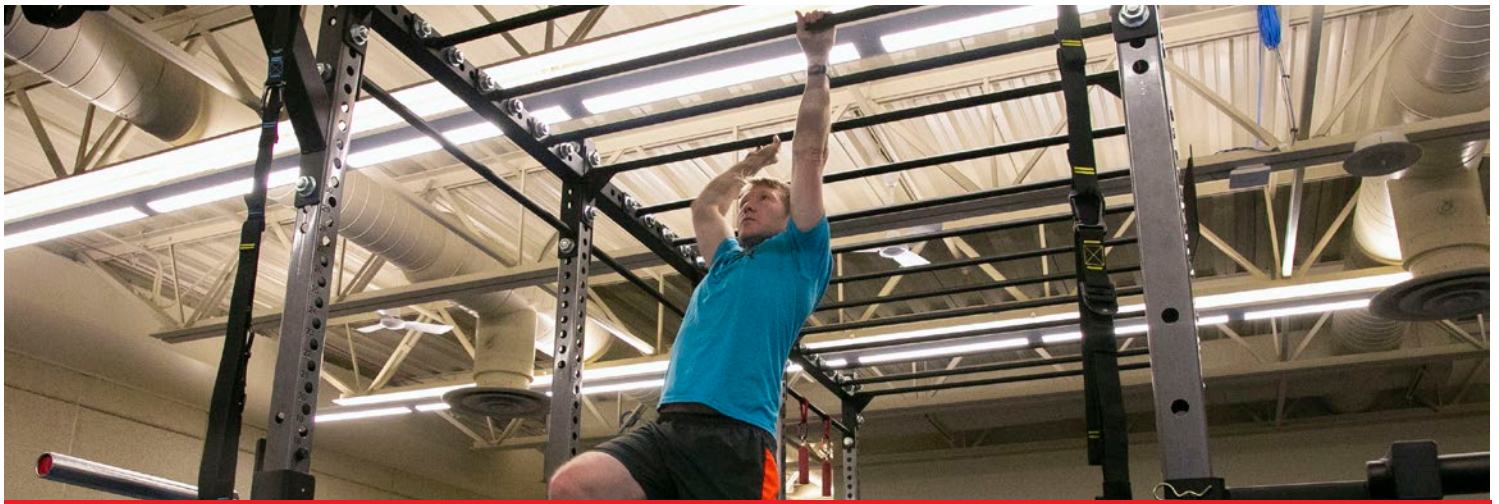
Certifications

NASM CPT, NASM Integrated Mental Toughness, Balance Training, Exercise as an Anxiety Intervention, and more.

Training style

I like to have fun with my clients and push them to do their best.





Stefannie Rust

About Me

Growing up I struggled with body image & eating disorders. After finding an interest in strength training and running I fell in love with body building, and now personal training. I use exercise as a form of therapy & I want to help people understand their bodies like I have.

Certifications

NASM Women's Fitness Specialization, ACE Pre and Postnatal Certification, Livestrong at the YMCA, NETA Pilates Reformer.

Training style

Learner-Focused. I adapt to what you respond to best.

Getting Started is Easy

1

Complete the Personal Training Interest Form at VALPOYMCA.ORG/PERSONALTRAINING and we will match you with a trainer based on your needs.

2

Come in for a FREE Personal Training Fitness Assessment

3

Purchase your sessions and start scheduling with your trainer!

Robyn Jakubowski

About Me

After many years in the fitness industry, I joined the Y to help others on their journey to become stronger and healthier versions of themselves.

Certifications

NASM CPT, Reiki Practitioner, and NETA Pilates Reformer

Training style

A motivating friend with a plan, ready to lead you to your best self. I'm here to work around the clock to keep you focused & determined on the goals we set together!



Liz Gold

About Me

My fitness journey started in college when I discovered my love of weight training. I grew up at the Y and taught myself how to weight lift here. It's been like a home to me for over 10 years and I want to help everyone feel that same level of confidence and comfort in the wellness center.

Certifications

B.A. Fitness Management with a minor in Nutrition, ACE CPT, NETA Pilates Reformer, ACE Fitness Nutrition Coach, ACE Mind Body Specialist.

Training style

Supportive and enthusiastic about fitness education.



Alex Veljovic

About Me

I was out of shape when I was younger & wasn't confident in myself. So I decided to go to the gym and I fell in love with it. I enjoy the process of the fitness journey, because it truly never ends. You constantly need to push yourself to be 1% better everyday.

Certifications

Graduated from the National Personal Training Institute in Chicago, NASM-CPT, NASM-CES.

Training style

A supportive friend that holds you accountable, versatile and enthusiastic.



Personal Training Benefits

FITNESS ASSESSMENT

During your fitness assessment, your trainer will develop a better understanding of your goals and gather baseline metrics such as your height, weight, body composition, cardiovascular fitness, flexibility and muscular endurance.

Your goals and fitness assessment are used to create a customized program and measure your progress as you train.

HEALTH & SAFETY

Our trainers are certified experts who will tailor programs based on your goals and current fitness level.

Our facility has a designated personal training area.

ACCESSIBILITY

Personal Training is offered to our YMCA members and non-members. We have a trainer for every experience level and want to provide our community with the best options to reach their fitness and wellness goals.

We're here for you!



April Lawrence

About Me

I became a personal trainer because I have a heart for people and enjoy being a part of their journey in finding strength both physically and mentally.

Certifications

NASM CPT, Strength and Conditioning

Training style

I would describe my training style as energetic and motivating, focusing on your goals and doing my part to get you there.



Rachel Smith

About Me

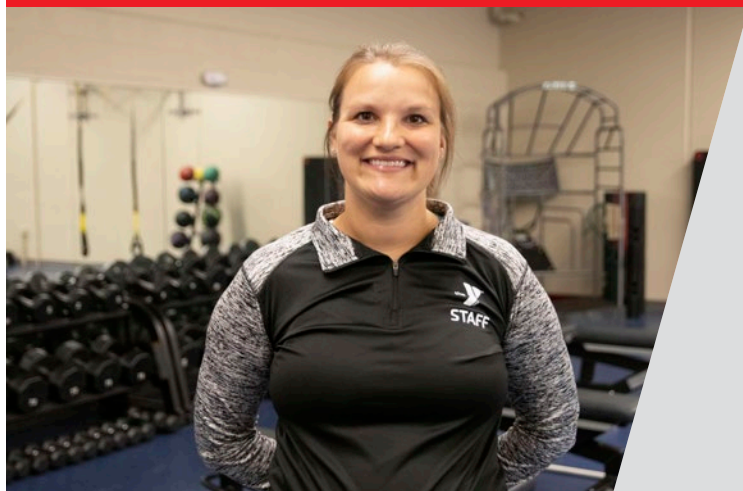
I was inspired to be a trainer after going through personal training myself after having my second daughter. I loved how strong and healthy I felt. It changed the way I viewed myself and my self-confidence really grew. I want to help other's find that power.

Certifications

NASM CPT and NETA Kettlebell

Training style

A former school teacher I utilize my passion for learning and research to do whatever it takes to meet any client's needs.



Irma Wiese

About Me

I was your typical weight "yo-yoer" and it wasn't until I shifted my focus to being healthy inside, physically, and mentally that I maintained my ideal weight. One's outside appearance comes as a "bonus" to healthy living & I'm here to help you be holistically fit for life.

Certifications

Masters of Science in Applied Exercise Science, NASM CPT, NASM CES, NASM Women's Fitness Specialist, Senior Fitness Specialist, Pilates Reformer Certified, and more!

Training style

A planner, ready to map out all your short term and long term goals toward a fit & healthy lifestyle!



Crystal Olympidis

About Me

I have always loved to be active, but when I was pregnant with my first child 17yrs ago I gained 70lbs. I hired a personal trainer and working out became "mommy sanity" for me, I was hooked. I love to help people and I love to help people change their lives!

Certifications

NASM CPT, Pilates Reformer, TRX Certified

Training style

I enjoy working with everyone. I'll be your biggest cheerleader when you need it, but I'll also make sure you challenge yourself.





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Our Mission | To be a charitable non-profit organization that improves the quality of life in our communities through programs and services that strengthen the spirit, mind, and body for all.

Our Values | Honesty, Caring, Respect, Responsibility

VALPARAISO FAMILY YMCA

1201 Cumberland Crossing Drive | Valparaiso, IN 46383 | 219.462.4185



WWW.VALPOYMCA.ORG/PERSONALTRAINING

SIGN UP!

Personal Training TRAINING PACKAGES

Individual Training

PROGRAM	30 MINUTE SESSION	ONE HOUR SESSION
MONTHLY	\$33/\$38	\$53/\$58
3 MONTH	\$28/\$33	\$48/\$53
6 MONTH	\$23/\$28	\$43/48

All prices are shown as cost per person.
Member/Community pricing

Buddy Training

PROGRAM	BUDDY TRAINING 30 MINUTES	BUDDY TRAINING 1 HOUR
MONTHLY	\$27/\$30	\$51/\$57
3 MONTH	\$23/\$27	\$43/\$54
6 MONTH	\$20/\$24	\$37/\$51

All buddy training prices are shown as cost per person.
Member/Community pricing

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FOLLOW**

Stay connected on
Facebook, Instagram,
and YouTube!



Small Group Training

7-WEEK SESSION, 3-8 PARTICIPANTS	
1X/WEEK	\$75/\$80
2X/WEEK	\$150/\$155

All prices are shown as cost per person.
Member/Community pricing