

A group of people, mostly wearing red shirts, are performing a plank exercise on a blue gym floor. They are in a line, with their bodies straight and arms extended. In the background, a man in a red shirt is standing and observing. The gym has a high ceiling with industrial lighting and various equipment visible.

MOTIVATE EMPOWER SUCCEED

Personal Training



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



WHO IS PERSONAL TRAINING RIGHT FOR? EVERYONE!

Personal Training is perfect for anyone at any skill level. Our certified trainers help you achieve your goals inside and outside the gym. With customized workouts, our trainers push you to live a happier and healthier life while holding you accountable to your weekly workouts that you'll be sure to look forward to!

Start with a **FREE** Personal Training Consultation.



GETTING STARTED IT'S SIMPLE.

CONTACT Lisa Petre with any questions: 219-462-4185 x260
Email: lpetre@valpoymca.org

FILL OUT A PERSONAL TRAINING CARD found in the lobby's Information Center. Return the completed card to the Y courtesy desk.

FILL OUT AN ONLINE SUBMISSION FORM:
www.valpoymca.org/personaltraining

We will schedule a free consultation to sit down with you to discuss your short-term and long-term fitness goals. We do this to best fit you with one of our trainers. Here at the Y, it is important to us that we partner you with the right trainer, so you can build more than muscle.



ALEX



TRAINING PACKAGES

PROGRAM	30 MINUTE SESSION	ONE HOUR SESSION
MONTH TO MONTH	\$30/\$35	\$50/\$55
3 MONTH	\$25/N/A	\$45/N/A
6 MONTH	\$20/N/A	\$40/N/A

PROGRAM	BUDDY TRAINING 30 MINUTES*	BUDDY TRAINING 1 HOUR*
MONTH TO MONTH	\$24/\$27	\$48/\$54
3 MONTH	\$20/N/A	\$40/N/A
6 MONTH	\$17/N/A	\$34/N/A

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

SMALL GROUP PERSONAL TRAINING 7-WEEK SESSION, 3-8 PARTICIPANTS	
1X/WEEK	\$75/N/A
2X/WEEK	\$150/N/A

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

Alex is a vivacious trainer who is ready to help his clients reach their goals by identifying and implementing positive behavior changes. He helps his clients to set realistic goals and workout strategies to overcome any obstacles that life can throw their way. He believes this approach to fitness allows a person to achieve overall wellness in all aspects of their life.

A woman with brown hair, wearing a red polo shirt and black athletic pants, is smiling and holding a large black medicine ball above her head with both arms. The ball has "SPRI. ELITE" printed on it.

CARIANN

Cariann has been helping her clients reach their goals for over 20 years. She is an experienced trainer who loves to share her passion for triathlons, running, and sport specific training with her clients. She believes that exercise plays an important role in achieving a balanced spirit, mind, and body.

A woman with curly grey hair, wearing a red polo shirt and black leggings, is smiling and performing a handstand on a white surface. She is wearing a red shirt with a logo that says "The Personal Trainer".

CATHY

Cathy is a nurturing trainer who pushes her clients to reach their goals with positive reinforcement and unconditional support. She wants each of her clients to find an aspect of fitness that they can get hooked on and make it a lifelong passion. Cathy believes that weights should be lifted right along with her clients' spirit.

**"We are more than trainers,
we are your fitness family!"**

CHRISTINA



Christina is an eager trainer ready to jump into fitness with clients that may have more general fitness goals. She always has a smile on her face and is ready to push you towards your best self. She loves what exercise can do for someone's self-esteem, physical, and mental strength.

GAYLE



Gayle is our early bird trainer who puts an emphasis on teaching her clients the importance of safety in fitness. She focuses on immaculate form when doing any type of exercise and loves working with clients who are recovering from injuries or who are looking to continue to get stronger after physical therapy.

JEN



Jen is a motivating trainer who won't let her clients back off or back down from an intense workout. She wants her clients to build their mental and physical strength together to be able to surpass their goals to a higher level of fitness that they had ever thought possible. She believes that a key part of exercising is the community, and she is ready to welcome you to it.

Our Personal Trainers have a love of fitness, and it shows.

Trainers will help you develop a program and stick with it. You'll gain more confidence and improved fitness. Let the expertise of our certified personal trainers motivate you and help you achieve your goals!

ACCOUNTABILITY – The hardest part is starting. We provide support and accountability to keep you consistent and motivated.

REDUCE RISK FOR INJURY – Ensure your exercises are safe and effective. As your trainer, we will not only design your program but also make sure to use proper technique to minimize injury risk and maximize results.

MEET YOUR UNIQUE NEEDS – Everybody is different, therefore everyone's skills and abilities are different. This could include recovering from injury, managing a chronic condition or even training for an event. We will design a program you can have confidence in.

SET THE PERFECT GOALS – No matter what you hope to achieve in the end, we will help you design a plan to get there. Expert advice to identify and work towards achievable benchmarks along the way will help you stay motivated and excited no matter where you want to go!

MAXIMUM RESULTS/MINIMUM TIME – Ever wish you could reach your goals sooner or work out faster...work smarter not harder? We will help you stay focused and use effective exercises to get the maximum results in the minimum amount of time!

TONY



Tony is our pace matching trainer. Capable of engineering any workout, Tony goes above and beyond in customizing a workout for each of his clients based on their experience, pace, goals, and comfort working out. He loves working with seniors just getting started, as well as, a seasoned athlete looking to shake up their normal routine.

MIKE



Mike is our tenured trainer here at the Y. His passion for the Y led him to founding Ringing in Spring 5K/10K race that we host each spring. He has a lifelong participation and passion for marathon races. He wants each of his clients to not just reach their fitness goals, but to maintain them to create a lifelong commitment to fitness.

LAURA



Laura is an empowering trainer who wants her clients to realize their body's potential and strength within to live a happier and healthier life. With a degree in kinesiology, Laura has a passion for movement specific workouts. She loves working with women, seniors, and athletes to push them to achieve their personal best inside and outside the gym.

LIZ



Liz is a trainer with a passion for traditional weightlifting. She loves working with a variety of clients to help them see what their best workout looks like. She wants each of her clients to build their confidence and walk into the wellness center with determination after conquering their fears and reaching their individual set of fitness goals.

ROBYN



Robyn is a trainer ready to be that motivating friend who keeps you accountable and leads your workouts. She got into personal training to help people become the best version of themselves. She is ready to work with her clients around the clock to keep them focused and determined on the goals they set together.

STEFANNIE



Stefannie is an encouraging trainer who is ready to show you that you're stronger than you thought. She's a firm believer that fitness is one of the best forms of therapy that has a place in all walks of life. She loves working with clients who are just getting started, teens, and anyone who needs a push towards reaching their next achievement.

YOUTH PERSONAL TRAINING



CHECK OUT THE VIDEOS
Valparaiso Family YMCA
YouTube Channel!



"Cole has really grown in the past few months of personal training. He is not only stronger, but he is better at doing his chores and staying focused at school. His confidence has grown and I'm just so thankful that Tony works with him so well."

-April, Cole's Mother



**Personal Training is
for everyone at any stage
in their development,
age or fitness level.**

For more information please
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PERSONAL TRAINING AREA FEATURES

- State-of-the-art equipment
- Highly educated instructors
- Private space for your comfort
- Positive atmosphere

OUR TRAINERS HELP YOU UNLOCK YOUR POTENTIAL

Our trainers use the latest and best in training and fitness. They will keep you motivated, focused and committed to your personal fitness goals, helping you develop a custom program based on your interests and individual needs.

“Fitness is about so much more than exercise. It’s a catalyst for **positive change**, and it affects every aspect of your life.”

VALPARAISO FAMILY YMCA
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