

A group of people, mostly women, are performing a plank exercise on a blue mat in a gym. They are all wearing red long-sleeved shirts. In the background, a man in a red shirt is standing and observing. The gym has a high ceiling with exposed beams and fluorescent lights.

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.



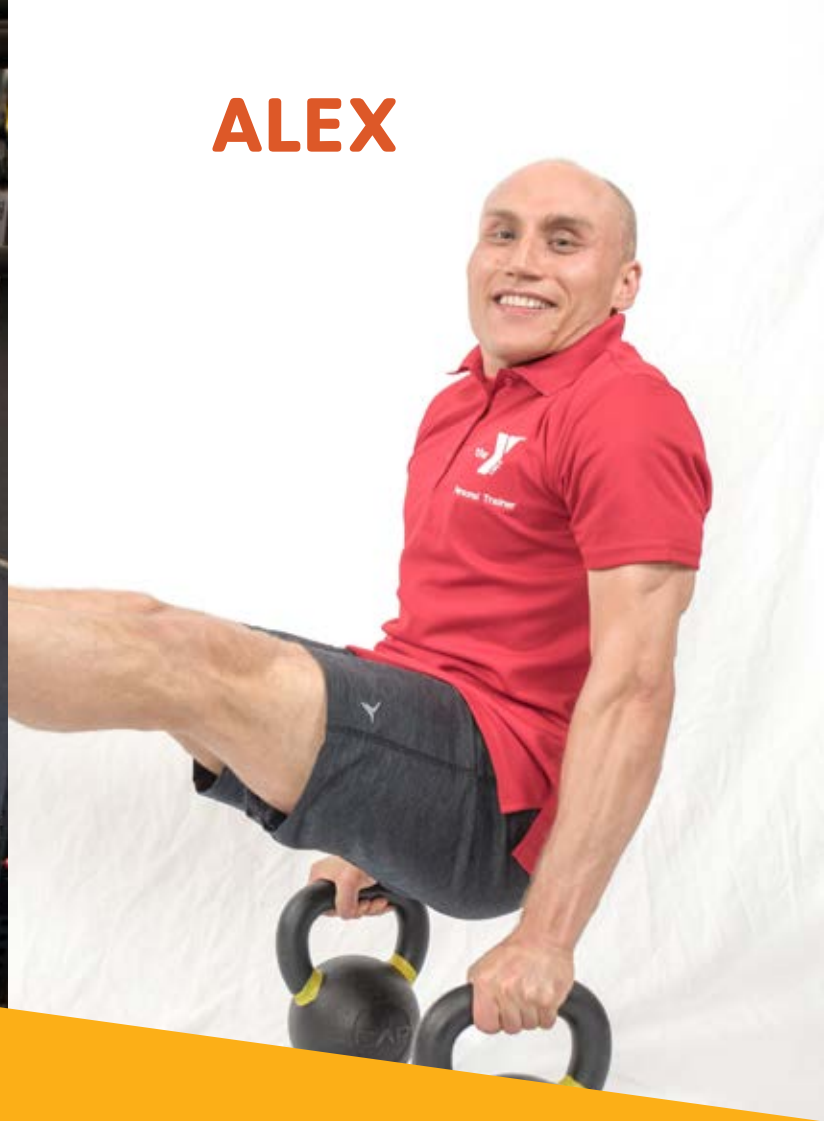
GETTING STARTED IT'S SIMPLE.

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.



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.

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.

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



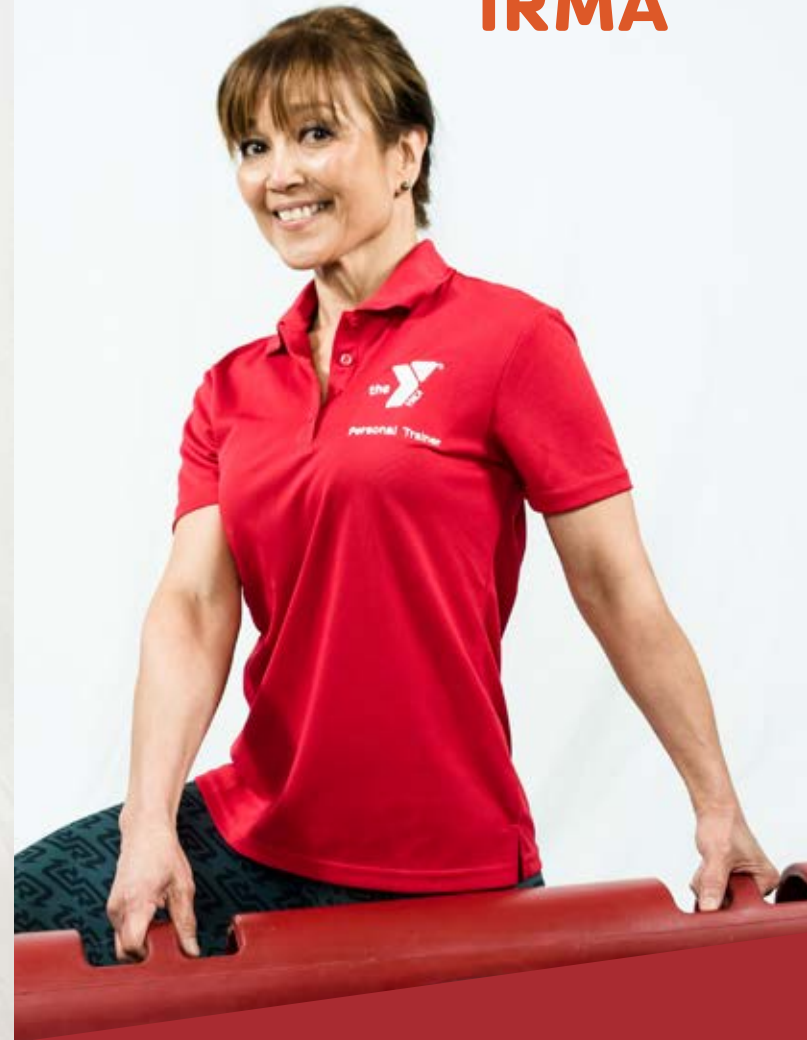
Christina is an eager trainer ready to jump into fitness with clients that may have more general fitness goals. She always has a smile on her face and is ready to push you towards your best self. She loves what exercise can do for someone's self-esteem, physical, and mental strength.

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.

IRMA



Irma is a master trainer who has achieved a certification in just about every specialty. Her workouts ensure that her clients' bodies move the way they were designed to on a day-to-day basis. Her vast knowledge makes her a great fit for clients with movement dysfunction looking to have altered workouts that help their body get back on track.

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.

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

 **YouTube**
CHECK OUT THE VIDEOS
Valparaiso Family YMCA
YouTube Channel!



"I've been a member of the Y for years and enjoy group exercise classes. I found myself exercising but not to my fullest potential. I can't believe I waited so long!

My trainer is amazing at her job! I cannot even begin to thank her for all the support, and being the best co-pilot on this crazy adventure of regaining my strength and overall health. She has helped me both physically and mentally."

~ Melissa Kontol
Member

"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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