

YMCA CERTIFIED PERSONAL TRAINERS

Christina Bennett
Jen Byma
Stephen Jessup
Tyler LaPlaunt
Emilee Pike
Terry Mayes

PLEASE NOTE:

Fitness Services appointments must be cancelled 24 hours prior to avoid being charged.

FITNESS EVALUATION

Trained staff will test aerobic fitness level, body composition, muscular strength & endurance and flexibility. Required for most personal training packages.

Member Rate: \$45.00

Non Member Rate: \$60.00

BODY COMPOSITION ANALYSIS

Find out your body fat percentage using skin fold calipers. Taken by a certified personal trainer.

Member Rate: \$12.00

Non Member Rate: \$17.00

WHAT DO YOU NEED TO KNOW?

Payment

Each program must be paid for in advance. Please pay for your session at the front desk.

Cancellation Policy

Your appointment is valuable; it is reserved for you and you alone. Therefore we ask that you provide at least 24 hours notice for a cancellation. Members who provide less than a 24 hour notice will be charged for their session. To cancel an appointment, please contact your trainer directly or call the YMCA at 906.227.9622.

Expiration Policy

All wellness coaching sessions must be completed within six months of the date of purchase.

YMCA OF MARQUETTE COUNTY

Marquette

1420 Pine Street
Marquette, Michigan 49855
P 906.227.9622 F 906.227.9248

West End

350 Iron Street
Negaunee, Michigan 49866
P 906.475.9666

www.ymcamqt.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MOTIVATION SUPPORT SUCCESS

Personal Wellness Training



POTENTIAL BENEFITS

- Increase energy, alertness & motivation
- Reduce stress, anxiety & depression
- Reduce body fat percentage & obesity
- Improve muscle strength and balance
- Reduce high cholesterol
- Reduce risk of cardiovascular disease
- Improve blood pressure
- Improve bone density
- Increase productivity
- Prevent illness

SPECIALIZED FITNESS PACKAGE

The first session (1 hour) of the package includes a fitness evaluation. The second session is a training session using your goals and evaluation results (1.5 hours). Together, they help ensure exercises are being performed effectively and will keep you progressing towards meeting your goals.

Member Rate: \$99 **Non Member Rate:** \$136

SPECIALIZED FITNESS PACKAGE PLUS

Add two hours to the Specialized Fitness Package with an Registered Dietician and you've got a great deal.

Member Rate: \$179

PERSONAL WELLNESS TRAINING

INDIVIDUAL

Let one of our certified personal trainers help you meet your fitness goals! Trainers can work with you regularly or on a consulting basis to help design and implement an exercise program that is uniquely yours. Your trainer will assist and motivate you to maximize your results. A fitness evaluation is required before the first session.

60 Minute Sessions:

Member Rate: \$39 for one session, \$179 for five, \$349 for ten sessions

Non Member Rate: \$52 for one session, \$240 for five sessions, \$449 for ten sessions

Monthly Options:

Did you know that you can have your personal training come out of your bank draft? Or you can pay in full up front.

Members Only

**2 times a week for one month (8 sessions)
\$275 per month.**

**3 times a week for one month (12 sessions)
\$389**

30 Minute Sessions:

Are only for current personal training clients and can only be approved by Jenna Zdunek.

Member Rate: \$21 for one session, \$89 for five or \$175 for ten sessions

GROUP TRAINING

Gather a group of 3, 4 or 5 of your friends or co-workers and workout with a personal wellness trainer as a group. You choose the day, time and trainer. Sixty minute sessions available. Split the cost of \$60 by how many are in your group!!

\$60.00 Member Total for one hour / # in group

Call or stop in to set this up with our Fitness Director.

SEMI-PRIVATE

Get fit with a friend or family member by working with a certified personal wellness trainer (2 participants to 1 trainer). You find a partner (similar fitness level and goals required) and the trainer will guide you both through a motivating, effective workout. Each session is 1 hour. A fitness evaluation is required before the first session.

Member Rate:

\$104/person for 5 session

\$175/person for 10 sessions

Non Member Rate:

\$149/person for 5 sessions.

\$249/person for 10 sessions.

REGISTERED DIETITIAN COUNSELING WITH MONICA NELSON

Bringing to the Y, years of experience in multiple health care settings dealing with a variety of chronic diseases as well as development of nutrition models for prevention and maintenance, Registered Dietitian, Monica Nelson will teach you how-to-strategies, practical solutions and straightforward explanations that will help you reach and maintain the healthy life that you want.

Member Rate:

Initial Consultation (1 hour) \$35

Follow up (30 minute) \$25

Non Member Rate:

Initial Consultation (1 hour) \$45

Follow up (30 minute) \$35