

# YMCA CERTIFIED PERSONAL TRAINERS

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#### 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

205 Iron Street  
Negaunee, Michigan 49866  
P 906.475.9666 F 906.475.9666

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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BE YOUR BEST SELF

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 MGHS Dietitian or two hours of massage (two 1 hours sessions) to this package, 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

This is offered by Marquette General Health System Dietitian's. A session includes an assessment of your calorie needs based on needs, education and how to work the plan into your daily life.

**This is for YMCA Members  
only \$40 per hour**