

Personal Training

Personal Training Sessions Include:

Fitness Evaluations:

Cardiovascular fitness, body fat percentage, muscular strength, muscular endurance and flexibility tests.

- ◆ Personalized Exercise Program

Individualized exercise program is designed based on the individual's fitness evaluation results and personal fitness and health goals.

- ◆ Supervised Exercise

personal attention during exercise is the primary function of the personal trainer. Clients are given a detailed orientation that addresses aerobic, strength and flexibility components of an exercise program. They are also educated about the fundamentals of strength and aerobic training, as well as proper and safe use of strength training equipment.

Package Rates for YMCA Members Only

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|-------------|-------|
| 2 Sessions | \$100 |
| 3 Sessions | \$150 |
| 5 Sessions | \$250 |
| 10 Sessions | \$450 |
| 15 Sessions | \$650 |
| 20 Sessions | \$800 |

~ June Special ~
2 sessions for
\$80.00



Clark County Family YMCA
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360-885-9622/www.ymca-clarkcounty.org



The Clark County Family YMCA is a branch of the YMCA of Columbia-Willamette. The mission of the YMCA is to put the Christian principles of love, respect, honesty, responsibility and service into practice through programs that build a healthy spirit, mind and body for all.