

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.



September 2009
~ Special ~
10 Sessions
\$400

Package Rates for YMCA Members

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