

## FITNESS CENTER

### PERSONAL TRAINING

A certified personal trainer on staff will instruct you in the areas of cardiovascular fitness, muscular strength and flexibility. We will evaluate your present level of fitness and assist you in establishing attainable goals that will be reached through a safe, efficient and personalized exercise program. We will help educate and motivate you to reach your fitness goals while working with you one-on-one.

PERSONAL TRAINING FEES		
1	One hour session	\$31
3	One hour sessions (includes body composition) (package)*	\$81
6	One hour sessions (includes body composition) (package)*	\$138
12	One hour sessions (includes fitness assessments) (package)*	\$240
Package sessions must be used within six months of purchase and paid in full.		

#### WHO WORKS WITH A PERSONAL TRAINER?

- People who like the extra motivation that comes with being directed through a routine with a qualified fitness specialist.
- People who like being shown alternatives to their current exercise program.
- People who have always wanted to start an exercise program but weren't sure exactly what to do or how to set up an exercise program based on their goals.
- People who already work out in the Fitness Center but desire a more customized fitness program and one-on-one attention from a fitness expert.

*Personal Training includes, but is not limited to, circuit training, free weight training, cardiovascular training, stability ball and medicine ball training for the healthy as well as the rehabilitative client.. A 24 hour notice is requested if you must cancel your appointment. Appointments cancelled with less than a 24 hour notice may be forfeited at the discretion of the Fitness Director. All personal training sessions are nonrefundable and expire six months from date of purchase.*

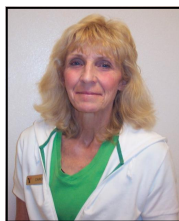
#### MEDICINE BALL TRAINING

The medicine ball is a multi-purpose training tool that can be used alone or with a partner for improving core strength, functional movement, muscle coordination and reaction time as well as improving overall strength and flexibility. Used in personal training.

#### STABILITY BALL TRAINING

Looking for new and different flexibility training and strength exercises for the trunk, upper and lower body? Learn relaxing stretches and effective strength training exercises for every major muscle group and develop strength for the core body.

### PERSONAL TRAINER



**Carol Clay** is a Certified Personal Trainer and Group Exercise Instructor through the American Council of Exercise (ACE), NETA Certified Senior Fitness Instructor and SilverSneakers® Certified. She is a YMCA Certified Fitness Specialist, Personal Fitness Director, Strength Trainer and Advanced Fitness Instructor. Carol has designed programs for all age groups and fitness levels from the deconditioned to the athlete as well as those recovering from an injury, surgery or those having special medical concerns or limitations.

### CERTIFIED ATHLETIC TRAINER

**Eric Katzenberger**, ATC/L is a certified athletic trainer and the Sports Medicine Coordinator at The Monroe Clinic. Eric will be available to members of the YMCA to offer free injury assessments, discuss and answer questions regarding injuries and rehabilitation. He will be available at the YMCA by appointment. Sign up in the Fitness Center.