

PERSONAL TRAINING

"Having a personal trainer makes a difference in everything you do because you have someone to coach, help and drive you to the next level. This builds your confidence so that you can go farther than you would on your own."

-Leona, PT Participant for 2 years

"My son wanted me to help him move a TV. I said, 'Did you ask your Dad?' He said, 'No, you're stronger than he is.'"

- Carol, PT Participant for 1 year

"Personal Training at the Y has been a great experience. It has given me the accountability I need to stay in shape and lose weight. Meeting with a trainer 1-2 times/week gives me the chance to get a great workout that is always different; therefore, never monotonous or boring. Her knowledge, expertise, and attitude has given me great ideas to maintain a healthy lifestyle and reach my fitness goals. I highly recommend it to anyone who wants to change their life."

-Erin, PT Participant for 1 year

"Having used a personal trainer for almost 3 years now, I found in the beginning it helped me to establish reasonable goals on a monthly basis and taught me how to apply them to the gym as well as at home regarding working out and nutritional changes. This allowed me to meet my goal of becoming healthy and to reach my current weight. Afterwards, it has become an asset for maintaining my weight loss, getting stronger and continually pushing myself to get even better. It is priceless!"

-Kathy, PT Participant for 3 years

YMCA MISSION

To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.



Reach your goals!



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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIVE HEALTHY BE INSPIRED REACH GOALS

PERSONAL TRAINING



BUTLER YMCA

For questions, please contact:
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HEALTHY LIVING

Improving the nation's health and well-being

YMCA Personal Training

Are you ready to be challenged in a new way to meet your personal health and fitness goals? Work one-on-one with a qualified and nationally certified personal trainer! Whether you are looking to lose weight, build muscle, learn new training techniques, or just have someone to motivate you, get started today!

Who is Personal Training for? Everyone!!

Specific needs and goals vary person to person. Our personal trainers can work with anyone, whether you are new to exercise, athlete, older adult, youth/teen, post-rehab individual, or pre/post natal mother.

Benefits of Personal Training

- Individualized exercise program
- Exercise safely and efficiently
- Improve self-confidence and mood
- Decrease depression and stress
- Stronger and healthier lungs, heart, bones, joints, and muscles
- Improved blood pressure, cholesterol, and blood sugar
- Weight control & decreased fat mass
- Increase fitness abilities and sport performance
- Improve coordination, balance, strength, endurance, agility, and flexibility

FIRST STEPS

1. Stop by the Wellness Center for a New Client Personal Training Packet. This packet contains questions regarding your health history, current habits, goals, time availability, etc.
2. Browse the Personal Trainer section on the Wellness Center bulletin board. Request a trainer or we will match you with one based on your goals and availability.
3. Submit completed Personal Trainer packet to the Membership & Registration Desk.
4. A personal trainer will contact you within 2-3 days to set up your consultation/fitness assessment.
5. Fitness assessment is specific to individual and may include: resting blood pressure, resting heart rate, body composition, muscular strength, muscular endurance, cardiovascular endurance, and flexibility.

PROGRAM OPTIONS

Non-package options:

1-hour session	\$40
45-minute session	\$30
30-minute session	\$20

1-hour small group session
\$25 per person
(2 members, 1 trainer)

Package options:

1-hour sessions

4 sessions	\$150 (save \$10)
8 sessions	\$300 (save \$20)
12 sessions	\$440 (save \$40)

45-minute sessions

4 sessions	\$112.50 (save \$7.50)
8 sessions	\$225 (save \$15)
12 sessions	\$330 (save \$30)

30-minute sessions

4 sessions	\$75 (save \$5)
8 sessions	\$150 (save \$10)
12 sessions	\$220 (save \$20)

One free comprehensive fitness assessment is included with the purchase of a one-hour session or Personal Training package.

Payment is made at the Membership & Registration Desk and can be made by check, cash, credit card or by charging your YMCA Membership account.