

Personalized Coaching

*All personalized coaching programs are available in package pricing. Mix and match your desired number of sessions in each category.

NON-PACKAGE OPTIONS:

	Member / Non-member
1-hour session	\$45 / \$55
45-minute session	\$35 / \$45
30-minute session	\$25 / \$35

Buddy up for Coaching Session

\$30 / \$40

(1-hour session 2 non-members, 1 trainer, price is per person)

PACKAGE OPTIONS:

Member / Non-member

1-hour sessions

4 sessions (save \$8) **\$172 / \$212**

8 sessions (save \$24) **\$336 / \$416**

12 sessions (save \$48) **\$492 / \$612**

45-minute sessions

4 sessions (save \$8) **\$132 / \$172**

8 sessions (save \$24) **\$256 / \$336**

12 sessions (save \$48) **\$372 / \$492**

30-minute sessions

4 sessions (save \$8) **\$92 / \$132**

8 sessions (save \$24) **\$176 / \$256**

12 sessions (save \$48) **\$252 / \$372**

*Individual One Time Fitness

Assessment **\$25 / \$30**

*A personal fitness assessment is included within your first personal training session.

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

YMCA MISSION

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

Member Testimonials

"Personal training/ health coaching has had a powerful impact on my life by making sure that the focus is just not one and done....but on creating insight into the long term motivation of "Why"... My body is the only place that I have to live for the rest of my life...and I want it to be fit, healthy, and strong, till the day I die!" - **Larry B.**

"Working with (a trainer) has not only increased my stamina and strength but she has made me feel that I am worthwhile." - **Patti B.**

"Personal training has positively affected my life by keeping me accountable with exercise, educating me on correct form and process, motivating me to keep going even when I don't feel like it, and helping me to keep my body strong and flexible. This is a good investment that has definitely paid dividends." - **Cheryl C.**

"Personal training has positively affected me by giving me the tools I need to get healthy physically, emotionally, and mentally. It has taught me the importance of healthy nutrition, and how it should look in my life, in order to be healthy and lose weight. The most important thing this has taught me is that I am a person of value and deserving of love. I must let go of past failures, and walk this new path of recovery, health and peace." - **Bonnie S.**

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Personalized Coaching



***MOTIVATE**
***EMPOWER**
***SUCCEED**

Personal Training

Health Coaching

Nutrition Coaching

Personalized Yoga Sessions

**For questions, please contact:
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HEALTHY LIVING

Improving the nation's health and well-being, and right here in our community

YMCA Personalized Coaches

Our YMCA certified personal trainers and health coaches help you define individual fitness and lifestyle goals and create a roadmap to get there, taking into account your current fitness level and lifestyle. Helping you focus on smaller goals that are specific and realistic; making the long term goal more attainable, setting you up for success. Our trainers/coaches assess your progress along the way, holding you accountable for every step of the journey.

Benefits of Personalized Coaching

- *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
- Better sleep
- More Energy
- Goal setting and achieving
- Motivation, accountability & empowerment

*specific to Personal Training only

Getting Started...

1. Stop by the Wellness or Welcome Center for a New Client Personalized Coaching Packet. This packet contains questions regarding your health history, current habits, goals, time availability, etc.
2. Request a trainer/coach (bios posted in the wellness center) or we will match you with one based on your goals and availability.
3. Submit your completed Personalized Coaching Packet to the Welcome Desk.
4. A personal trainer will contact you within 2-3 days to set up your consultation/fitness assessment.

Fitness & Healthy Living Assessments for Personalized Coaching is specific to individual and may include: resting blood pressure, resting heart rate, body composition, *muscular strength, *muscular endurance, *cardiovascular endurance, and *flexibility. *specific to Personal Training only

Who is Personalized Coaching for? Everyone!!

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

4 Styles of Personalized Coaching

Personal Training

Work with a certified trainer to develop individualized exercise programming to reach your physical goals

Health Coaching

Our Certified Health Coaches facilitate healthy sustainable behavior change through lifestyle and nutrition goals. Health Coaches tailor individualized wellness programs to meet your needs.

Nutrition Coaching

If you have the physical fitness and lifestyle components dialed in, but struggle with nutrition and dietary recommendations only, this option is for you!

Personalized Yoga Sessions

If you are new to Yoga or would like to take your Yoga practice to the next level, consider working with our trainer for one-to-one guidance. Take extra time to focus on your movement, your breath, simply YOU!

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**Please note only specific Trainers are also Health/Nutrition Coaches