



The YMCA understands that everyone is not at the same fitness level, so with a personal trainer we can accommodate you at your level of fitness. Whether you are an avid exerciser or a beginner, our trainers can ensure that you are being trained in a safe environment and at a comfortable pace until you are ready to proceed to the next level of fitness without injury.

Why seek a Personal Trainer?

- Stay motivated and committed to exercise.
- Rev up a stale exercise routine with fresh approaches to your workout.
- Reduce the risk of injury by learning proper techniques.
- Increase your fitness or performance level by working out under our knowledgeable guidance.
- Break out of your fitness plateau and challenge yourself.
- Set and achieve short-term and long-term goals, personalized to you.
- Enhance your overall health and quality of life.



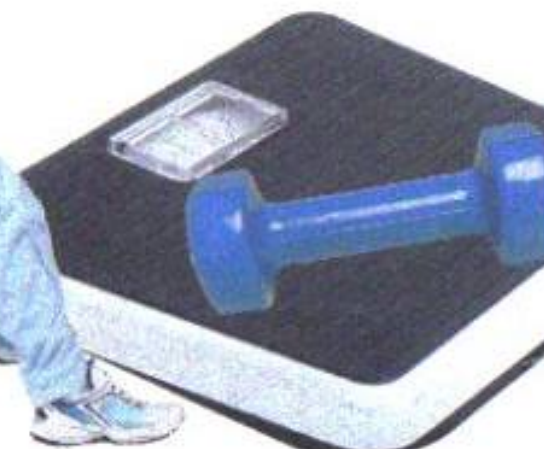
Personal Training

Our one-hour sessions are one of the best ways to begin an overall individual fitness program. A certified trainer will help you develop an enjoyable fitness program and focus on exercises that target specific areas, such as firming abdominals or defining arm muscles. We create a program for you, walk you through each phase and offer suggestions while discussing your personal needs. Interested persons should contact the YMCA to set up an appointment or speak with staff about personal training.



Y PERSONAL TRAINING

If You Want More Energy Try Expending Some With A **Personal Trainer!**



YMCA Trainers: Caring Professionals

Emily Crews

YMCA Independent Conditioning Certified
(Pending)
BS Kinesiology, Cal Poly

I will motivate you to live a healthy lifestyle by helping you design a training program unique to your needs, teach you safe and effective exercise techniques, encourage good nutrition habits and to help you have a positive self image.

ecrews@sloymca.org
Certified Personal Trainer

Margo Clark

Cooper Institute Certified Personal Trainer
YMCA Independent Conditioning Certified

Specializing in Active Older Adult Fitness and orientation to the YMCA. I will help you set fitness goals, design an exercise routine, and find the right group exercise classes to meet your fitness goals.

mclark@sloymca.org
Certified Personal Trainer

Tim Vessells

Expert Rating CPT
ACE (pending)

Specializing in weight-lifting and strength training with over 20 years of "hands on experience." I can help you reach your fitness goals safely and effectively. Live Strong.

tvessells@sloymca.org
Certified Personal Trainer

A YMCA Professional Personal Trainer Will Help You To Improve Your:

- **Heart**
- **Strength**
- **Flexibility**

They'll get you in shape with:

- Personal Attention
- Encouragement
- Motivation
- Expert Guidance
- Personalized Training Plan
- Proper Form & Technique
- Specialized Warm-Ups
- Therapeutic Cool-Downs
- Injury Prevention Tips
- Train In Your Heart Zone
- Resistance Training
- Boost Your Metabolism
- Offer Basic Nutrition Info



Two Free Personal Training Appointments When You Join As A YMCA Fitness Member!

**Get In • Get Out • Get Fit!
Special Express Offer**

Schedule 30-Minutes with a Personal Trainer for just \$20!

Starter Package (1 Hour Each):

1 Session:	\$35
5 Sessions:	\$160

Goal Reaching Packages:

10 Sessions:	\$300
12 Sessions:	\$325

My blood pressure has dropped significantly, I'm stronger and my days are well just more fun. I feel good. The support of my trainer has made all of the difference, I just wouldn't have done it otherwise. He's worked with me on my level, giving me the motivation and exercise guidance I needed. Thank you.

YMCA Personal Training Client