

SMALL GROUP TRAINING PROGRAMS

TRX

Suspension Training is a total-body workout that activates all your muscles at once building strength, mobility and endurance. TRX works by leveraging your bodyweight. Achieve a total body workout in 60 minutes. All levels, all goals. Small Group Training (8-10 participants)

Fundamentals of Strength Training

Do you want to learn how to safely strength train in a noncompetitive environment with an experienced personal trainer? This small group training class teaches the fundamentals of strength using a barbell and other strength equipment. (2-4 participants)

Tread and Shred

This Small Group Training can help improve speed and endurance with every stride while monitoring exertion level to maximize calorie burn! This class also includes strength training with a core focus. Expect to be pushed to go faster and climb harder than you ever would on your own. **BELT IT OUT!** (4-6 participants)

(see current Land Group Exercise Schedule for details of these small group training programs)

YMCA MISSION

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



Reach your goals!



Rose E. Schneider Family YMCA
2001 Ehrman Road
Cranberry Twp., PA 16066
P 724 452 9122
www.bcfymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIVE HEALTHY BE INSPIRED REACH GOALS



PERSONAL TRAINING/ DIETITIAN

NOW AVAILABLE TO NON-MEMBERS TOO!

ROSE E. SCHNEIDER FAMILY YMCA

For questions, please contact:
Kathy Hensler,
Healthy Living Director
khensler@bcfymca.org

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!

Specialized Programs for Individual Needs:

Fitness needs and goals vary person to person. Our personal trainers can work with anyone, whether you are new to exercise, an athlete, an older adult, youth/teen, post-rehab individual or pre/postnatal mother. Want to better your golf game, complete a race, participate in a sport or feel better doing daily activities? We can help!

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
- Improve 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

PERSONAL TRAINING PACKAGE OPTIONS

Now available to Non-Members too!

NON-PACKAGE OPTIONS:

	Member / Non-Member
60 min. session	\$55.00 / \$65.00
45 min. session	\$41.25 / \$51.25
30 min. session	\$27.50 / \$37.50
Fitness Assessment	\$20.00 / \$30.00

60 min. small group session \$35/\$45
(2 people, 1 trainer) (cost is per person)

PACKAGE OPTIONS:

	Member / Non-Member
60 minute sessions	
4 sessions (save \$12)	\$208 / \$248
8 sessions (save \$32)	\$408 / \$488
12 sessions (save \$60)	\$600 / \$720

45 minute sessions

4 sessions (save \$9)	\$156 / \$196
8 sessions (save \$25)	\$305 / \$385
12 sessions (save \$45)	\$450 / \$570

30 minute sessions

4 sessions (save \$6)	\$104 / \$144
8 sessions (save \$18)	\$202 / \$282
12 sessions (save \$30)	\$300 / \$420

One fitness assessment per year is included with a package purchase.

Personal Training package sessions must be used within one year of purchase.

Payment is made at the Membership Desk

PERSONAL DIETITIAN

Work one on one with a qualified **Registered Dietitian.** Schedule a private consultation with the Registered Dietitian to analyze your diet and design an individualized nutrition plan that addresses your dietary, supplement and lifestyle needs.

Now available to Non-Members too!

Initial consultation

1 60-minute session

Member \$55 / Non-Member \$65

PACKAGE OPTIONS

	Member / Non-Member
45 minute packages	
2 sessions (save \$7.50)	\$75 / \$95
4 sessions (save \$15)	\$150 / \$190

FIRST STEPS

1. Stop by the Cardio Wellness Center for a New Client Personal Training Packet. This packet contains questions regarding your health history, goals, time availability, etc.
2. Browse the Personal Trainer bios 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 Cardio Wellness Center Desk.
4. A personal trainer will contact you within 2-3 days.