

SMALL GROUP TRAINING PROGRAMS

COUCH TO 5K: Learn to run with a group of motivated people that can encourage you along the way. Proper warm up, run techniques, and final stretching will be taught.

DEFINED INTERVENTION: This strength and conditioning program will include compound movements like deadlifts and squats. A progressive plan will be developed to help participants achieve their goals.

EXPRESS WORKOUT 8: Learn to do a HIIT (High Intensity Interval Training) workout on a variety of exercise cardio equipment.

HEAVY BAG TRAINING: Learn basic techniques for a safe and effective heavy bag workout. Participants will learn to safely wrap hands, proper punching technique and footwork drills.

SPARTAN GRIT: Build the strength and endurance necessary to complete adventure race obstacles such as climb over walls, crawl under barbed wire, run through mud, and tackle inclined monkey bars.

STRONG SENIORS: This strength training program is designed for ages 60+ and focuses on balance, stability, and strength.

TREAD AND SHRED: Using our Precor treadmills, this class can help improve your endurance and speed. This class also includes strength training with a Core focus.

TRX EXPRESS: This 45 minute class will push you to new levels of strength using the TRX Suspension Trainer and your own body weight. Be ready to feel the burn as you power through multiple sets of high tension loads.

TRX INTRO: This class teaches the fundamentals of TRX Suspension Training. You will learn the set up and basic TRX moves for a full body workout.

WOMEN ON WEIGHTS (WOW): This strength training program for women includes a variety of exercise apparatus for a full body workout with emphasis on Core Strength, Flexibility, Balance, and proper form.

(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!



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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 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 \$70/\$90
(2 people, 1 trainer) (cost is total for 2 people)

SINGLE 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

GROUP PACKAGE OPTIONS:

(2 people, 1 trainer) (cost is total for 2 people)

	Member / Non-Member
60 minute sessions	
4 sessions (save \$20)	\$275 / \$315
8 sessions (save \$20)	\$540 / \$620
12 sessions (save \$40)	\$800 / \$1,020

45 minute sessions	
4 sessions (save \$10)	\$190 / \$200
8 sessions (save \$20)	\$380 / \$440
12 sessions (save \$40)	\$560 / \$670

30 minute sessions	
4 sessions (save \$10)	\$130 / \$170
8 sessions (save \$15)	\$240 / \$345
12 sessions (save \$30)	\$390 / \$510

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

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

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.