

## PERSONAL FITNESS TRAINING

### Y PERSONAL FITNESS TRAINING

One-on-one training. Physical assessments included.

Packages	Member / Non-member
8 - 30 MIN SESSIONS	\$160 / \$200
6 - 60 MIN SESSIONS	\$210 / \$270

Single Sessions	Member / Non-member
30 MIN SESSION	\$30 / \$40
60 MIN SESSION	\$40 / \$50

### Y GROUP PERSONAL FITNESS TRAINING

Team up with your friends and have fun!

8 - 30 MIN SESSIONS	Member / Non-member
2 people	\$100 ea / \$130 ea
3+ people	\$80 ea / \$105 ea

6 - 60 MIN SESSIONS	Member / Non-member
2 people	\$120 ea / \$155 ea
3+ people	\$90 ea / \$120 ea

### Y FAMILY PERSONAL FITNESS TRAINING

For immediate family members and couples. Children age 10+ may attend with parent/guardian.

6 - 60 MIN SESSIONS	Member / Non-member
husband/wife couple	\$240 / \$310 per group
couple & 1 child	\$265 / \$345 per group
couple & 2+ children	\$290 / \$380 per group
parent/guardian & 1 child	\$145 / \$190 per group
parent/guardian & 2+ children	\$170 / \$225 per group

## PHYSICAL ASSESSMENTS

### Y FITNESS EVALUATION

Measureable cardiovascular, strength and flexibility assessments and goal setting.



### YBODY FAT ANALYSIS

This 7-site skinfold assessment provides you with and overall body fat percentage.

	Member / Non-member
Fitness Evaluation	\$35 / \$45
Body Fat Analysis	\$20 / \$30

## SPORT SPECIFIC TRAINING

### WHAT'S YOUR SPORT?

One-on-one and group options are available for all sports in all personal fitness training packages. We can also accommodate custom training for your group, large or small.

Sport Acceleration Clinics will be posted on our web site and at the YMCA.

Also available: Outdoor Sport Training for hunters, hikers & outdoor enthusiasts.



## Y AQUATIC FITNESS TRAINING



Contact the Aquatics Department for details.

## FREE & BY APPOINTMENT

PERSONAL FITNESS TRAINING CONSULTATION

NAUTILUS STRENGTH TRAINING ORIENTATION

INTRO TO FREE WEIGHTS

FITNESS CENTER ORIENTATION

YOUTH FITNESS MEMBERSHIP (AGES 10+)

Contact the Fitness Center to schedule an appointment: 701-775-2586

IT'S EASY TO GET STARTED!  
Contact Patti McEnroe for details.  
(701) 775-2586 • pmcenroe@gfymca.org  
www.gfymca.org

## MEET OUR TRAINERS

### SONIA KRAFT

Sonia participated in high school and college volleyball and basketball and high school track. She received All-American honors in basketball at UMC and Mayville State University. Sonia holds a BS Degree with minors in Coaching, Health, and Early Childhood and a Personal Fitness Training certification through NETA.



### MICHAEL BONEWELL

Mike is a graduate of UND with a BS Degree, majoring in Physical Education, Exercise Science & Wellness, with a minor in Coaching. Mike has worked with UND Basketball, Volleyball, Football, Track & Field and Softball teams and has a background in Olympic weight lifting. He holds a Personal Training certification NETA, as well as LIVESTRONG at the YMCA and SilverSneakers®. Mike is the YMCA Fitness Center Coordinator.



### DANI STRAMER

Dani has been in love with fitness since she was a child. She coaches girls basketball and volleyball, along with personal training a variety of clientele, including people just beginning their fitness journey to athletes wanting to condition for a sport. Dani has held her Personal Training certification through ISSA since 2007 and holds a BS Degree in Exercise Science with a minor in Athletic Coaching from UND.



### THERESA MINDT

Theresa has had a lifelong passion for fitness and enjoys bringing that to others. She works with a variety of individuals who are starting their fitness journey as well as those who are wanting to advance their training. Theresa holds a Bachelor of Science and Master's Degree from the University of Mary in Bismarck, ND. She is an ACE certified personal trainer and is also certified in kettlebell training through NETA. Theresa recently completed her Lifestyle Coach Training certification with the CDC's National Diabetes Prevention program.



## WHY CHOOSE PERSONAL FITNESS TRAINING?

### YMCA Personal Fitness and Sport Specific Training can ...

- Help me get started on an exercise program.
- Give me support, encouragement & motivation.
- Help me build muscle, strength & endurance.
- Improve my speed, agility, flexibility, balance, and skills.
- Challenge me to meet my potential.
- Make me accountable for my success.
- Give me fresh, new workouts.
- Help me train for my sport or a sporting event.
- Help me overcome injury, illness or physical limitations.
- Teach me activities that I can do with family & friends.
- Make me stronger in spirit, mind and body!



ALTRU FAMILY YMCA  
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**The Y: We're for Youth Development,  
Healthy Living, and Social Responsibility**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## FIND YOUR STRENGTH



**PERSONAL FITNESS TRAINING**

**SPORT SPECIFIC TRAINING**

**FREE ORIENTATIONS**

**ALTRU FAMILY YMCA  
GRAND FORKS, ND**