

Why Personal Fitness Training?

- You've been exercising regularly and are not seeing the results you desire.
- You have become bored with your workout routine and want some new ideas.
- You would benefit from the challenge, motivation, accountability and support a trainer could provide.
- You're not quite sure how to start an exercise program.
- You are training for a sporting event.
- You have some health concerns, are dealing with a muscle imbalance or postural distortion, or are recovering from an injury or illness.
- You and your family or friends would like to try some thing new together.
- You are looking for something new and fun to do with a club group or birthday party, anniversary or other event.



IT'S EASY TO GET STARTED

Contact Patti McEnroe at the Y for more information.

701-775-2586

www.gfymca.org



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONGER FITTER HEALTHIER



Y PERSONAL FITNESS TRAINING

**A great investment for your
personal health & wellness!**

Also Available, free and by appointment....

- Fitness Center Orientation
- Nautilus Strength Training Orientation
- Personal Fitness Training Consultation
- Youth Fitness Membership (ages 10+)

Call the Y Fitness Center for more information or to make an appointment.



Altru Family YMCA
215 N 7th St
PO Box 13177
Grand Forks, ND 58203
Phone: (701) 775-2586
Fax: (701) 775-9611
Email: gfymca@gfymca.org
www.gfymca.org



GET STRONGER, FITTER, HEALTHIER

Y PERSONAL FITNESS TRAINING PROGRAMS

Y PERSONAL FITNESS TRAINING PACKAGES (ONE-ON-ONE)

Y Personal Fitness Training

Designed to help you reduce body fat and tone and/or sculpt your body. Your trainer will also make suggestions on how to make your cardiovascular workouts more effective. Fitness evaluation included.

Y Sports Specific Performance Training

What's your sport? If you are an athlete who is serious about performing at your optimal level this program is for you. Whatever your sport(s) your professional trainer will design an individualized, integrated training program just for you. Physical assessment included.

Corrective Exercise Training

The CES (Corrective Exercise Specialist) program provides help for persons who suffer from various musculoskeletal impairments or imbalances or post-rehabilitation concerns, such as pain in the foot, ankle, knee, hip, low back, or neck; tennis elbow; rotator cuff impingement; tendonitis; rounded shoulders; and many other conditions. A NASM Certified Corrective Exercise Specialist will perform an initial physical assessment and immediately follow up with your first exercise session.

Please note: The Corrective Exercise Specialist Training program is not a substitute for medical care or physical therapy and is not appropriate for everyone.



Y Personal Fitness Training One-On-One Packages (Fitness Evaluation Included)

| | |
|------------------------|-------|
| 8 - 30 minute sessions | \$160 |
| 6 - 60 minute sessions | \$210 |

Y Personal Fitness Training One-On-One Single Sessions

| | |
|---|------|
| 1 - 30 minute session Includes Physical Assessment & Workout | \$30 |
| 1 - 60 minute session Includes Physical Assessment & Workout | \$40 |
| 1 - 90 minute session Includes Fitness Evaluation & Workout | \$50 |

Y PERSONAL FITNESS TRAINING PACKAGES - GROUP OPTIONS

Y Group Personal Fitness Training

Team up with your friends, acquaintances or co-workers and enjoy the benefits and fun of personal fitness training in a group. Your trainer will meet with you as a group, assess your goals and prescribe cardio and weight training to fit your needs. Physical assessments are included.

Group training options are available for Personal Fitness and Sports Specific Training, and more. Don't see it here? We'll design a program for your group!

Personal Fitness Training Group Packages

| | | |
|------------------------|-----------|----------|
| 8 - 30 minute sessions | 2 people | \$100 ea |
| | 3+ people | \$80 ea |
| 6 - 60 minute sessions | 2 people | \$120 ea |
| | 3+ people | \$90 ea |



Y FITNESS ASSESSMENTS

Y Fitness Evaluation

Measurable cardiovascular, strength, and flexibility assessments and goal setting. A great way to track your progress and measure results.

Y Body Fat Analysis

The 7-site skin fold test is used to provide you with an overall body fat percentage.

Physical Assessment

This assessment is specific to your PFT package and may include additional assessments such as balance and posture.

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|----------------------------|------|
| Y Fitness Evaluation | \$25 |
| Y Body Fat Analysis | \$10 |
| Y Fitness Re-evaluation | \$15 |
| Y Body Fat Re-analysis | \$5 |
| PFT Consultation w/Trainer | Free |

Also Available!



Y GROUP FITNESS PARTIES

You can't beat a fitness party for birthdays, anniversaries, group functions, family gatherings and more! Try Zumba, Circuit Training, Boot Camp, NuBody - you name it. We'll tailor the fitness activities to your group and time frame! Call for details.

| | | |
|------------------------|---------------|-----------|
| 1 - 60 minute session | Y Members | \$5 ea |
| | Non-Y Members | \$7.50 ea |
| 1 - 90 minute session | Y Members | \$7.50 ea |
| | Non-Y Members | \$10 ea |
| 1 - 120 minute session | Y Members | \$10 ea |
| | Non-Y Members | \$13 ea |

Y FAMILY PERSONAL FITNESS TRAINING

For immediate family members. Get stronger, fitter and healthier as a couple or a family and have fun doing it! Appropriate for children ages 10 and over with parent/guardian. Includes physical assessments.

| | | |
|------------------------|-----------------|----------|
| 8 - 30 minute sessions | parent/guardian | \$90 ea |
| | child/dependent | \$20 ea |
| 6 - 60 minute sessions | parent/guardian | \$110 ea |
| | child/dependent | \$25 ea |

Y AQUATIC FITNESS TRAINING

Whether you're training for an event like a triathlon or simply trying to improve your swimming skills and enhance your training workouts, this option is for you! Practice proper breathing, perfect your strokes, learn how to do flip turns and more!

| | | |
|------------------------|-----------------------|------|
| 6 - 60 minute sessions | 1 person | \$95 |
| | 2 people (per person) | \$70 |



OTHER PERSONAL FITNESS TRAINING OPTIONS ARE AVAILABLE TO SUIT. PLEASE CALL TO DISCUSS YOUR IDEAS. WE CAN MAKE IT HAPPEN!