

PERSONAL FITNESS TRAINING

Y PERSONAL FITNESS TRAINING

One-on-one training. Physical assessments included.

| Packages | Member / Non-member |
|------------------------|---------------------|
| 8 - 30 MIN SESSIONS | \$200 / \$280 |
| 6 - 60 MIN SESSIONS | \$270 / \$330 |
| Single Sessions | |
| 30 MIN SESSION | \$35 / \$45 |
| 60 MIN SESSION | \$55 / \$65 |

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 | |
| 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.

| 8 - 30 MIN SESSIONS | Member / Non-member |
|-------------------------------|-------------------------|
| husband/wife couple | \$200 / \$260 per group |
| parent/guardian & 1 child | \$115 / \$150 per group |
| 3+ siblings | \$180 / \$270 per group |
| 6 - 60 MIN SESSIONS | |
| 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.



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 Adam Sorum for details.

(701) 775-2586 • asorum@gfymca.org
www.gfymca.org

MEET OUR TRAINERS

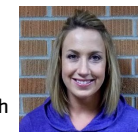
SONIA KRAFT

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.



SHANTEL HECHT

Shantel has always had a love for fitness and sports. She participated in high school volleyball, basketball and track and college track. Shantel holds a BS degree in physical education and health with a minor in coaching and holds a Personal Training Certification through ACE.



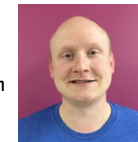
SHAWN REICH

Shawn is a native of Grand Forks, ND and graduated with his Bachelor of Science and Master of Science degrees from the University of North Dakota. Shawn was a Medical Fitness Specialist at Altru Health System as well as an Exercise Specialist for Altru's Weight Management Program. Shawn is an NSCA (National Strength and Conditioning Association) Certified Personal Trainer as well as an NSCA-CSPS (Certified Special Populations Specialist).



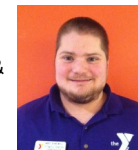
ADAM SORUM

Adam is a graduate of the University of North Dakota with a Bachelor's Degree in Physical Education, Exercise Science and Wellness. Adam was a Personal Trainer and Clinical Exercise Specialist at Altru's Medical Fitness Center and worked with various organizations developing services for individuals with different health conditions. Adam is an ACE Certified Personal Trainer, an ACE Certified Medical Exercise Specialist, and is certified in numerous group exercise and education formats.



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 NETA Personal Training certification, as well as LIVESTRONG at the YMCA and SilverSneakers®.



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.



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!



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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

REACH YOUR GOALS



PERSONAL FITNESS TRAINING

SPORT SPECIFIC TRAINING

FREE ORIENTATIONS

ALTRU FAMILY YMCA
GRAND FORKS, ND