



# YMCA PERSONAL TRAINING

## ONE-ON-ONE TRAINING

You and your trainer work together to identify your goals and help you reach them.

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

## 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.

**Sports Acceleration Clinics** will be posted on our web site and at the YMCA. Call the Y for aquatic options.



## GROUP TRAINING

Enjoy the extra fun and motivation of getting healthier with a group of friends.

<b>8 - 30 MIN SESSIONS</b>	<b>Member / Non-member</b>
2 people	\$120 ea / \$150 ea
3+ people	\$100 ea / \$125 ea
<b>6 - 60 MIN SESSIONS</b>	<b>Member / Non-member</b>
2 people	\$120 ea / \$155 ea
3+ people	\$90 ea / \$120 ea

## PHYSICAL ASSESSMENTS

### Y FITNESS EVALUATION

Measureable cardiovascular, strength and flexibility assessments and goal setting.

### Y BODY FAT ANALYSIS

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

	<b>Member / Non-member</b>
<b>Fitness Evaluation</b>	<b>\$20 / \$30</b>
<b>Body Fat Analysis</b>	<b>\$10 / \$10</b>

## FAMILY TRAINING

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

<b>6 - 60 MIN SESSIONS</b>	<b>Member / Non-member</b>
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

## FREE ASSESSMENTS

Free assessments are available to all members. To schedule, contact the Fitness Center.

- PERSONAL FITNESS TRAINING CONSULTATION
- NAUTILUS STRENGTH TRAINING ORIENTATION
- INTRO TO FREE WEIGHTS
- FITNESS CENTER ORIENTATION
- YOUTH FITNESS MEMBERSHIP (AGES 10+)

## Meet Our Trainers



SONIA



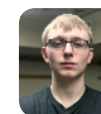
SHAWN



ADAM



AL



MICAH

### 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.

### 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.

### AL HAGER

Al Hager knows the importance of good health and fitness. He has been a paramedic for over 30 years here in Grand Forks! Al is a Certified Personal Trainer with additional education in Nutrition, Science of Stretching and High Intensity Interval Training. He is married to Kim and has 3 sons and 2 grandsons who are his pride and joy. He enjoys camping, fishing, cycling, and reading. Al is currently teaching a Core Cardio class on Thursdays at 5:35 am at the Y.

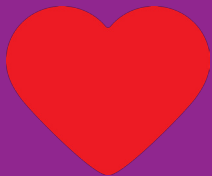
### MICAH WRIGHT

Micah was born and raised in East Grand Forks, Minnesota and graduated from EGF senior high. He has been exercising since the age of 15 at the YMCA and now primarily lifts weights and trains mostly for strength. He fell in love with it and has been doing it ever since, and now he has made the jump into personal training. Besides the gym, Micah likes to play video games, spend time with family, and listen to podcasts and music. Micah is certified with the ISSA and has received his CPT and Nutrition certifications through their curriculum. Micah is looking to help others reach their personal goals whether it's to put on some more muscle or get stronger. His ultimate goal is to assist you throughout your fitness journey.

## IS PERSONAL FITNESS TRAINING RIGHT FOR YOU?

Personal fitness training is for anyone!  
YMCA Personal Training options can:

- help you get started on a fitness program.
- provide extra support & motivation.
- help you build muscle, strength & endurance.
- improve your speed, agility & balance.
- challenge you to be your best.
- give you fresh, new workouts
- help you train for an event or sport.
- help you overcome illness or injury.
- teach you activities that you can do with your family and friends.
- make you stronger in spirit, mind & body.



(701) 775-2586 • [www.gfymca.org](http://www.gfymca.org)  
Contact Adam Sorum



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ALTRU FAMILY YMCA



## FOREVER THRIVING

For a better us.

## Y PERSONAL TRAINING

PERSONAL FITNESS TRAINING  
SPORT SPECIFIC TRAINING  
FITNESS EVALUATIONS  
FREE ORIENTATIONS