

HOW TO GET STARTED

Step 1- Visit the Welcome Center obtain a Personal Training Packet.

Step 2 – Complete and return the Personal Training Packet to the Welcome Center and purchase personal training sessions.

Step 3 – A Personal Trainer will contact you within 48 hours to schedule your first appointment.

Step 4 - Get started!



MEET THE TRAINERS

Carlos Ojeda

- *B.S. in Sports Administration
Webber International University
- *Fitness Together Certified Personal Trainer (6 Yrs. Experience)
- *4-Yr. College Football Player at University of Central Florida/Webber International University
- *5-Yr. AFL, IFL & af2 Arena Football Player

Jeremiah Landis

- *B.S. in Health Science
Slippery Rock University
- *YMCA Group Exercise Certified
- *YMCA Foundations of Strength Training Certified
- *YMCA Healthy Lifestyles Principles Certified

Robyn Parsons

- *14 Year YMCA Employee
- *YMCA Personal Training Certified
- *YMCA Personal Fitness P.D.
- *YMCA Group Exercise Certified
- *YMCA Foundations of Strength & Conditioning Instructor
- *Aerobics and Fitness Association of America (AFAA) Personal Trainer
American Aerobic Association
- *International (AAAI) & International Sports Medicine Association



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAXIMIZE YOUR MEMBERSHIP

Personal Training Downtown Y

YMCA PERSONAL TRAINING

This YMCA program is designed to match you with a Personal Trainer who will develop a wellness routine to help you stay motivated and provide you with a workout designed for you to meet your personal wellness goals.

In addition to offering a FREE initial health assessment and orientation of the YMCA exercise equipment with your membership, the Y offers individual personal training.

A personal trainer is a fitness professional who develops and implements an individualized approach to physical fitness. Trainers help an individual assess their level of physical fitness and help motivate them to work towards their personal wellness goals.

Reach Your Goals

Not seeing the results you need? Not sure how to progress your workouts to the next level? Need help adding variety to your workouts? Need motivation and support to stay committed?

You can achieve this through a Y Personal Trainer that will tailor your individual goals, cardiovascular exercise and strength training one-on-one.

REWARDS OF PERSONAL TRAINING

More and more people, beginner, start/stop and veteran exercisers, alike, are working with personal trainers because they offer a practical and affordable means of getting and staying healthy.

Tailor-Made Training

Personal trainers wear many hats, serving not only as coach, but also as confidant, role model, educator and a major source of encouragement and motivation.

Some people may want consultation two or more times per week because it may help them to be more accountable to someone else for their exercise time. Others may prefer to see a trainer only occasionally to update their personal exercise program or for periodic fitness testing and receive feedback on their progress.

It is the beginner and start/stop exerciser, however, that finds personal training most valuable. A few sessions is often all it takes for some people to feel comfortable with independent exercise.

PERSONAL TRAINING SESSION PRICING

RATES ARE PER PERSON FOR 1-ON-1 PERSONAL TRAINING ONE HOUR SESSIONS

Sessions	Rate	Total per person
1	\$35	\$35
6	\$198	\$33
12	\$372	\$31
18	\$522	\$29
24	\$648	\$27

RATES ARE PER PERSON FOR 1-ON-1 PERSONAL TRAINING FOR ½ HOUR SESSIONS

Sessions	Rate	Total per person
1	\$25	\$25
6	\$144	\$24
12	\$276	\$23
18	\$396	\$22
24	\$504	\$21

YMCA OF GREATER ERIE DOWNTOWN Y

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