

# WORKOUTS ARE BETTER WITH A BUDDY

No doubt about it – workouts are better with a buddy – someone to spot you, encourage you, and challenge you!

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

This YMCA program is designed to match you with a certified 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**.

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.

Gain the confidence you need as you reach your goals increasing physical activity, strengthening muscle and balancing your diet.

# GETTING STARTED

Getting started is easy...just stop by the membership desk for more information. The initial consultation will take about 45 minutes and you will discuss your fitness goals. This first consultation is **FREE** of charge.

## Program Rates

### Individual One-Hour Sessions

*Y Member \$25      Non-member \$30*

### Individual Six, One-Hour Sessions

*Y Member \$142.50      Non-member \$171*

### Individual 12, One-Hour Sessions

*Y Member \$240      Non-member \$300*

### Buddy One-Hour Sessions

<i># of Buddies</i>	<i>Member Rate Per Person</i>	<i>Non Member Rate Per Person</i>
<i>2</i>	<i>\$20</i>	<i>\$25</i>
<i>3</i>	<i>\$18</i>	<i>\$23</i>
<i>4</i>	<i>\$16</i>	<i>\$21</i>



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## Personal Training



## REWARDS OF PERSONAL TRAINING

### Tailor-Made Training

We've created an approach to our Personal Training program which allows for flexibility in program, schedule and group setting.

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.

Some people may want to buddy-up with a friend or family member in the same training session for added support and motivation.

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

It is the beginner and stop/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 or exercise in the group setting.

## MEET THE TRAINERS

### Doug



I am Certified Personal Trainer through the American Council on Exercise. My certifications also include, Exercise for Chronic Disabilities, Exercise for Chronic Disease, Training the Core, Exercise Programs for Older Adults, and Exercise for Special Populations. I'm ready to help you reach your goals, whether it is getting healthy or improving your performance in the gym or on the field. I am highly motivated and I want to get you motivated too! Your only regret should be that you didn't start sooner.

## MEET THE TRAINERS

### Josh



I am a Certified Personal Trainer through International Fitness Professionals Association, American Muscle and Fitness and Kettlebell Cardio. Originally from Pittsburgh, I moved to Erie in order to pursue my degree in Physical Therapy. I believe fitness is a fundamental influence on an individual's well-being and it's never too late to take control of your health. I have been fitness training for over 6 years and my personal background is diverse, ranging from competitive lifting, professional athletics, cross fitness as well as preventative, rehabilitative and stabilization fitness training. I am excited to be a part of the YMCA family and look forward to assisting you on obtaining your fitness goals.