

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. Stop by the Membership Desk and complete a Personal Training Appointment Form. A trainer will be in touch with you to schedule your appointment.

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>
2	\$20	\$25
3	\$18	\$23
4	\$16	\$21



YMCA OF GREATER ERIE COUNTY YMCA

12285 YMCA Drive
Edinboro, PA 16412

P (814)734-5700

F (814)734-2819

kgheres@ymcaerie.org

www.ymcaerie.org



WORKOUTS ARE BETTER WITH A BUDDY

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 OUR TRAINER

Brian Suminski

Our personal trainer, Brian Suminski, graduated from Slippery Rock University with a degree in Exercise Science. He is an Edinboro native and is back to serve the community by helping individuals reach their fitness goals.

Brian believes that exercise, if used correctly, can prevent the early onset of many chronic diseases and illnesses. Every athlete knows that training for a sport has a direct correlation to better performance. Brian offers programs that improve balance, speed, coordination, agility, reaction time, power, and reduces the chances of sport-related injury.

Exercise has made a positive impact and improved his state of well-being in his life. If you are looking to improve your health and fitness please take the opportunity to work with him.