

POLAR BODY AGE HEALTH ASSESSMENT

GET A CUSTOMIZED AND THOROUGH
ASSESSMENT OF YOUR PHYSICAL
BODY AGE.

The Polar Body Age System focuses on three main physiological areas of strength, cardiovascular fitness and flexibility. It also takes the process a step further by assessing an individuals biometrics, body composition and blood pressure.

⇒ BODY COMPOSITION

- ⇒ Lean Body Weight and fat percentage is determined by stepping on a non-invasive scale



⇒ FITNESS TEST

- ⇒ Predicts maximal oxygen uptake (VO2max), which is commonly used to determine cardiovascular fitness



⇒ BLOOD PRESSURE

- ⇒ Blood pressure is an important indicator of the current health status; therefore it has high emphases in the BodyAge calculation



⇒ STRENGTH

- ⇒ The test consists of a wall sit, bicep curl, and crunches to give an understanding of muscular strength



⇒ FLEXIBILITY

- ⇒ Registers body's flexibility by measuring how far forward a person can reach in sitting position



**SCHEDULE YOUR BODYAGE
ASSESSMENT TODAY!**

POLAR
LISTEN TO YOUR BODY



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YMCA PERSONAL TRAINING

**WORKOUTS ARE BETTER
WITH A BUDDY**



- ⇒ **Bored with your current workouts?**
- ⇒ **Not seeing the changes you want?**
- ⇒ **Hitting plateaus you can't overcome?**
- ⇒ **NEED SOMETHING NEW?**

DOWNTOWN YMCA

31 W 10th St

Erie, PA 16501

(814)452-3261

www.ymcaerie.org

MEET OUR TRAINERS



GLEN CONNER

⇒ A.C.E Certified Personal Trainer

*Areas of Interest are athletic training, functional program development for stability-mobility and movement, resistance training, and cardiorespiratory training.

Glen is a passionate fitness enthusiast and a competitive athlete in football, basketball and mixed martial arts.



MARIANNE SPACHT

⇒ B.S. in Sports Medicine—Mercyhurst University
 ⇒ Pursuing a M.S. in Sport & Exercise Science—Gannon

*Conducted research on the effects of barefoot running on balance.

*Areas of interest include, pilates, yoga, bare-foot/minimalist running, endurance athletes, gait analysis, biomechanics, balance/posture improvement, falls prevention and nutrition.



RACHEL MCDONALD

⇒ B.S. in Exercise Science—Slippery Rock University
 ⇒ Pursuing a M.S. in Public Health — Slippery Rock University
 ⇒ ACSM Certified Personal Trainer

*Areas of interest include; health promotion and wellness, functional training for stability mobility and movement, resistance training, cardiorespiratory training and endurance, and goal setting.

CRAIG DAVIC

⇒ B.S. in Gerontology—Bowling Green University.
 ⇒ M. Ed. Health & Physical Education—Frostburgh State University
 ⇒ A.C.E Certified Advanced Health & Fitness specialist

MEET OUR TRAINERS (cont'd)



JUSTIN DEMONTIER

⇒ M.S. Sport & Exercise Science
 ⇒ NSCA-CPT (National Strength & Conditioning Association—Certified Personal Trainer)

Justin loves being able to promote health and wellness within anyone's life. He has a high level of dedication and passion for personal health and well-being that he tries to radiate upon those he trains. He likes to have fun and keep things interesting—so working out should be focused around this same ideal even if it requires a little sweat equity. Helping others better themselves is something he takes great satisfaction in doing, so be assured he will work just as hard as you to help you reach your goals!!

PROGRAM RATES

⇒ INDIVIDUAL One Hour Sessions

⇒ Y Member—\$25.00
 ⇒ Non-Member—\$30.00

⇒ INDIVIDUAL Six, One-Hour Sessions

⇒ Y Member—\$142.50
 ⇒ Non-Member—\$171.00

⇒ INDIVIDUAL 12, One-Hour Sessions

⇒ Y Member—\$240.00
 ⇒ Non-Member—\$300.00

BUDDY ONE-HOUR SESSIONS

# of Buddies	Member Rate Per Person	Non Member Rate Per Person
2	\$20.00	\$25.00
3	\$18.00	\$23.00
4	\$16.00	\$21.00

To set up your appointment with one of our Personal Trainers please stop at our membership desk, call (814) 452-3261; or email molesnanik@ymcaerie.org