

## 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 bud-dying 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 progressing to the next level? Want to add 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, cardio exercise and strength.

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.

**2018**

### Personal Training Rates

#### One-Hour Session

Member: \$35.00

Non-member: \$45.00

#### 6, One-Hour Sessions

Member: \$197.50

Non-member: \$257.50

#### 12, One-Hour Sessions

Y Member: \$360.00

Non-member: \$420.00

**YMCA OF GREATER ERIE  
GLENWOOD PARK YMCA**

3727 Cherry Street  
Erie, PA 16508  
P (814) 868-0867  
ymcaerie.org



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## DEDICATION MOTIVATION ACCOUNTABILITY

Personal Training  
GLENWOOD PARK YMCA



## Doug

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### Certification:

Certified Personal Trainer, American Council on Exercise; Exercise for Chronic Disabilities; Chronic Disease; Exercise Programs for Older Adults; and Exercise for Special Populations

"I'm highly motivated and I want to get you motivated too. Your only regret should be you didn't start sooner!"



## Glen

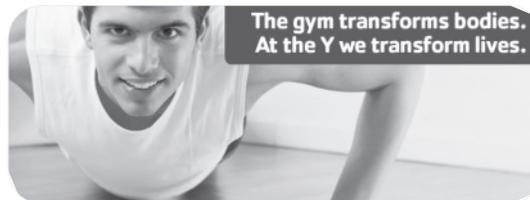
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### Certification:

Certified Personal Trainer, American Council on Exercise

"I specialize in athletic training, functional program development for stability-mobility and movement, resistance training, and cardiorespiratory training.

You only get one body for your entire life. If you want to make it last, take care of it & treat it right. A lifetime is a longtime."



## Nick

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### Certification:

Certified Personal Trainer, American College of Sports and Medicine.

"What drives me as a trainer is the challenge of creating an exercise program that is tailored to the clients' specific needs. Every program I make for my clients is like a fun puzzle that leads to healthy balanced habits, improved self-esteem, inner and outer strength. A disciplined workout routine, centered on your personal progress, can positively impact every aspect of your life.

There can be no growth or strength without resistance so embrace the resistance and grow strong."

