



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA PERSONAL TRAINING

Professional – Effective – Empowering – Achievement



Jeff Hughes
Certifications:
Nationally Certified
Personal Trainer –
The International
Sports Sciences
Association (ISSA)



Tara Wells
Certifications:
Nationally Certified
Personal Trainer–
National Academy of
Sports Medicine (NASM)
Axiom Fitness Academy
Level 1 Certification

Gain Confidence. Get Educated. Get Results.

- Private Room 1 on 1 Training
- Fitness Center 1 on 1 Training
- Small Group/Couple Training

Our Certified Personal Training Staff is dedicated to helping you achieve your fitness goals.

**For more information contact the YMCA Welcome Center
816-671-9622**

**Or email Tyler Coder, Program Director
tcoder@stjoymca.org**





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU REACH YOUR GOALS

YMCA Personal Trainers provide specialized training to meet the needs of our members. During the initial consultation our certified trainers will assess current lifestyle, fitness level and exercise history. After setting attainable goals, your trainer will provide professional guidance to get you moving in the right direction.

ASSESSMENT	1 (30 min) session	Member/Community Participant	\$30	
PERSONAL TRAINING	# OF SESSIONS	DETAILS	30 MIN.	60 MIN.
INDIVIDUAL	1 Session	Member	\$30	\$57
		Community Participant	\$40	\$67
	5 Sessions	Member	\$112	\$214
	 25% SAVINGS 10 Sessions	Community Participant	\$150	\$251
		Member	\$210	\$399
	 30% SAVINGS 10 Sessions	Community Participant	\$280	\$469
SMALL GROUP (2-3) *small group rates are per member	1 Session	Member	N/A	\$37*
		Community Participant	N/A	\$47*
	5 Sessions	Member	N/A	\$139*
		Community Participant	N/A	\$176*
	10 Sessions	Member	N/A	\$259*
		Community Participant	N/A	\$329*

For more information contact the YMCA Welcome Center
816-671-9622