



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA PERSONAL TRAINING

Professional - Effective - Empowering - Achievement



**Caden Romer**  
Certifications:  
Certified Personal  
Trainer - American  
Sport and Fitness  
Association (ASFA)



**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**







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# 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.

<b>ASSESSMENT</b>	1 (30 min) session	Member/Community Participant	\$30	
<b>PERSONAL TRAINING</b>	<b># OF SESSIONS</b>	<b>DETAILS</b>	<b>30 MIN.</b>	<b>60 MIN.</b>
<b>INDIVIDUAL</b>	1 Session	Member	\$30	\$57
		Community Participant	\$40	\$67
	5 Sessions	Member	\$112	\$214
	 5 Sessions	Community Participant	\$150	\$251
	10 Sessions	Member	\$210	\$399
	 10 Sessions	Community Participant	\$280	\$469
<b>SMALL GROUP (2-3)</b> *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*

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