

LET'S GET STARTED

Name _____

Age _____

Phone _____

E-Mail _____

What's your Goal?

Circle ALL That Apply:

I prefer to train on these days:

Mon Tue Wed Thurs Fri Sat Sun

I prefer training at this time of day:

5:30-8am 8am-12pm 12-5pm 5-8pm Other

Request a trainer:

Do you have any recent injuries/health issues?

MISSION: The Quincy Family YMCA has a team of committed and caring Personal Trainers who strive to empower lifestyle changes and have a positive impact on their client's lives by creating memorable fitness experiences that lead to a healthier lifestyle for the mind, body and spirit.



the Y TRAINERS



Maggie Bowles earned her certification through NASM and has been training for two years. She enjoys resistance training, yoga, and spending time outdoors. Her biggest accomplishment is helping her father lose 96 lbs and seeing his blood pressure go back to normal levels.



Kylie Bliven completed her certification through NASM. She is also certified in NETA Pilates Mat, ActivMotion Bar and NASM Women's Fitness Specialization. She enjoys working with all fitness levels. Body awareness and mobility is something Kylie teaches every client.

QUINCY FAMILY YMCA

3101 Maine Street
Quincy, IL 62301

(P) 217.222.9622
quincyyymca.net



The Y is the nation's leading nonprofit committed to strengthening the community through youth development, healthy living, and social responsibility. At the Quincy Family YMCA, we believe everyone, regardless of age, income or background, should have the opportunity to learn, grow and thrive. For more information about financial assistance or to make a donation, please call 217-222-9622 or visit us at quincyyymca.net.

01/18



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PERSONAL TRAINING

MAKING HEALTH AND WELLNESS A PRIORITY



Your body deserves a unique fitness regime tailored to you. At the Y, our **nationally certified Personal Trainers** can assist you in reaching your fitness and weight loss goals through one-on-one, partner or small group training.

- Rev up a stale exercise routine with fresh approaches to your workout
- Break out of your fitness plateau - challenge yourself
- Reduce the risk of injury by learning proper techniques
- Stay motivated and committed to your exercise program

PERSONAL TRAINING RATES

Single Sessions (One Hour)

1 session	\$32
3 sessions	\$96
6 sessions	\$180
9 sessions	\$270
12 sessions	\$324
24 sessions	\$648
30 sessions	\$810

Trio Package (One Hour)

1 session	\$57
3 sessions	\$171
6 sessions	\$342
12 sessions	\$684
24 sessions	\$1200

Dual Package (One Hour)

1 session	\$45
3 sessions	\$120
6 sessions	\$240
12 sessions	\$420
24 sessions	\$792

Small Group (One Hour)

1 session	\$60
3 sessions	\$180
6 sessions	\$360
12 sessions	\$696
24 sessions	\$1392

*Prices listed are Y Member price. Non-Member will be higher.

Intro Package for NEW Client

3 one hour sessions \$80



We kindly ask for 24-hour notice if you must cancel or reschedule an appointment. Changes made without 24-hour notice will be charged the session fee. Sessions expire 1 year after date of purchase and are not refundable after 6 months of purchase date. Session length is 30 or 60 minutes.

HOW DOES PERSONAL TRAINING WORK?

Your trainer will consult with you and identify your goals to create a personalized fitness plan. During each session you'll learn the best exercises for your needs. You'll be guided on the proper amount of weight to use, the number of repetitions to do, how long to rest between sets, and how to avoid injuries.

For more information, please contact Maggie Bowles at 217.222.9622 or maggiieb@quincymca.net.

the Y TRAINERS



Kent Kreinberg is certified through ISSA and has been training at the YMCA for 10 years. His biggest accomplishment is taking a client with very low mobility and motivation and helping him flourish into a high energy young adult who loves to work out.



Sherry Clingsmith is certified through ACE and has been training at the Y for 3 years. Her biggest accomplishment is seeing her client's everyday activities getting easier for them and hearing the excitement in their voice when they accomplish goals.



Dawn Fleer is certified through AFAA & a Resistance Training Specialist through NFPT. She has been training since 2009 and says that her biggest accomplishments are being able to create steps for total life change in her clients and helping one client lose over 100 lbs!



Brad Longcor earned his certification from NPTI of Chicago and has been training for 4 years. His biggest accomplishment as a trainer is helping a client see their self-worth and begin making amazing lifestyle changes for the better.



Jessica Webster is certified through ACE. She has been working with participants in the Strength for Survivor program since 2016. She became a personal trainer because she wanted to live a healthy lifestyle and loves the process that it takes to help people reach their goals.



Cole Nelson graduated with a degree in Exercise Science. After completing his internship with the Y, Cole joined the staff as a Personal Trainer, Fitness Coach & Rock Steady Boxing Coach. Cole trains so he can help many types of people succeed and meet their goals.



Amanda Bunch joined the Y staff team in October 2017. Her passion for fitness comes from wanting to help people. She wants to help people gain back their self-confidence and encourage people through the tough stuff and celebrate the results with them.

