all of our Personal Trainers are CPR/AED Certified

**Personal Training Pricing**

<table>
<thead>
<tr>
<th>Number of Sessions</th>
<th>*Price Per Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-4</td>
<td>$55</td>
</tr>
<tr>
<td>5+</td>
<td>$50</td>
</tr>
<tr>
<td>Semi–Private</td>
<td>$80</td>
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</tbody>
</table>

*YMCA Trainer rates may vary. See trainer description for details.

*Non-members must purchase a $20 Day pass

**Body Composition Testing**

**Why?** Comparing lean and fat mass, along with other measurements over time tells us if our current nutrition and workouts are successful, or if modifications are needed.

- Body Composition w/calipers
- Circumference Measurements, 7-sites
- Goal setting and recommendations

$15/session
Approximately 30 minutes
Health & Wellness Director

- ACE Certified Personal Trainer since 2002
  - BS Health Promotion/Fitness Management
  - Diabetes Prevention Training
  - Enhance Fitness Certified
  - Health Coaching
  - Y-Group Fitness Instructor
  - APEX Nutrition Certified

Sherry Jackson

Nige Kirby

- American College of Sports Medicine Certified Personal Trainer
  - B.S. in Physical Education, Sport Science and Recreation Management
  - Senior Fitness Specialist
  - TRX Certified Instructor
  - Precision Nutrition Certified

Jami Hanna

- ACE Certified Personal Trainer since 2003
  - ACE Fitness Nutrition Specialist
  - Functional Aging Institute Specialist
  - Cardio-Kick & Cardio-Barre
  - Holistic, Healthy Aging for Women

Brandon Bruce

Fitness Center Supervisor

- National Academy of Sports Medicine Certified Personal Trainer
  - RCC Fitness Technician
  - Conditioning & Weight Loss
  - Enhance Fitness Certified
  - Y-Group Fitness Instructor

Gina Galardi

Health and Wellness Director

- ACE Certified Personal Trainer since 1996
  - Senior Fitness Specialist
  - Enhance Fitness Certified
  - Y Group Fitness Instructor
  - Functional Training Specialist
  - Core Training Specialist

Teresa Jenkins

- National Academy of Sports Medicine Personal Trainer
  - Certified Professional Life Coach
  - LIVESTRONG at the YMCA instructor
  - Strength/Conditioning Women 40+

Curly Dykstra

- ACE Certified Personal Trainer since 2009
  - Ace Medical Exercise Specialist
  - A-PAI Certified Aquatic personal trainer.
  - Certified Arthritis Instructor
  - ASFA Certified Senior Fitness Instructor
  - PWR Parkinson Wellness Recovery
  - Parkinson’s Cycling Coach
  - Rates: $61 per Session
  - $56 per Session for 5+

Jami Hanna

- American College of Sports Medicine Certified Personal Trainer
  - B.S. in Physical Education, Sport Science and Recreation Management
  - Senior Fitness Specialist
  - TRX Certified Instructor
  - Precision Nutrition Certified

Teresa Jenkins

Jane Mullowney

- American College of Sports Medicine Certified Personal Trainer
  - B.S. in Physical Education, Sport Science and Recreation Management
  - Senior Fitness Specialist
  - TRX Certified Instructor
  - Precision Nutrition Certified