



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE HEALTHY. BE STRONG. BELONG.

Personal Training

The Trotter Family YMCA is proud to offer our members an elite team of highly educated, experienced, dedicated Personal Trainers who are ready to help you change your life.

Starter Personal Training Packages	3 Sessions			
Individual Sessions (30 minutes / 1 hour)	\$99 / \$129			
Traditional Personal Training Packages	1 Session	4 Sessions	8 Sessions	12 Sessions
Individual Sessions (30 minutes / 1 hour)	\$40 / \$68	\$140 / \$252	\$256 / \$464	\$348 / \$636
Buddy Sessions* (30 minutes / 1 hour)	\$25 / \$40	\$80 / \$140	\$136 / \$256	\$168 / \$348
Group Sessions* (30 minutes / 1 hour)	\$25 / \$34	\$92 / \$126	\$168 / \$228	\$228 / \$306

*Each member will pay the listed rate above. Sessions are strictly by appointment. All sessions must be purchased in advance at the Welcome Center. Personal Training is exclusively for facility members. All packages expire 6 months from date of purchase. No refunds.

How do I get started?

Submit the request form on the reverse, electronically or in person, and the Healthy Living Director will contact you within 48 hours.

For more information on Personal Training contact Matthew Jewell at matthew.jewell@ymcahouston.org or call 713-781-1061.

TROTTER FAMILY YMCA
1331 Augusta Dr.
Houston, TX 77057
713-781-1061
ymcahouston.org/trotter-family



YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. Everyone is welcome.



Vince M.
Y Member

Private Client Request Form

Today's Date: _____ Name: _____ Age: _____

Email: _____ Contact Number: _____

Please circle: 1:1 / Buddy / Group **for** Personal Training Nutrition Pilates Yoga

Preferred day(s): Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Preferred time(s): _____

Other Information (goals, activities, current health and abilities, etc.): _____

If you prefer a certain individual, select at least two: (expanded bio's available online or at the Welcome Desk)

Personal Trainers:

Christopher Rampacek (Senior Health Promotion, Rehabilitation)

Chris Moore (All ages & fitness levels, Strength training, Confidence)

Jai Holla (Resistance & Bodyweight, Strength training, S.U.C.C.E.S.S.)

James Januszewski (Weight management, Proper form, Strength training, Core stability)

Ruben Torchia (Weight management, Post Rehabilitation, Sports conditioning, Dynamic)

Thomas Ebers (Fundamentals, Conditioning, Motivational Momentum, Accountability)

Johnny Quintanilla (Technique, Execution, Core training, Weight loss)

Artigua "Tiggz" White (Weight loss, Sports Perf., Corrective Exercise, Strength & Conditioning, Sculpting)

Sarah Martin (Long-term success formula, All ages training)

Olivia Kalma (Strength & Conditioning, Rehab, Weight Loss/Gain, Sports Specific)

Susan Walden (Beginners, Wellness, Adults, Seniors)

Clea Pastore (Functional, Dynamic, Core training)

Sabi Shoeman (Total Body Fitness, All ages, Weight Loss, Core stability)

Laura Louis (All ages/levels, Core training, Weight Loss, Stretching, Resistance training)

Nutrition Counselors:

Liliana Aguilar (All ages, Family Nutrition, Medical Nutrition Therapy)

Christopher Rampacek (All Ages Nutrition, Medical Advice)

Pilates and Yoga Instructors:

Linda Latimer (Functional, Basics, Multi-discipline)

Michelle Starlin (Injury Prevention/Rehab, Form Focused, Classically Trained)

Olivia Kalma (Pilates) (Rehab, Sports Specific, Core training)

Tomoko (Pilates) (Core Stability, Alignment, Strength & Flexibility)