

# 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						
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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				
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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				

<sup>\*</sup>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.

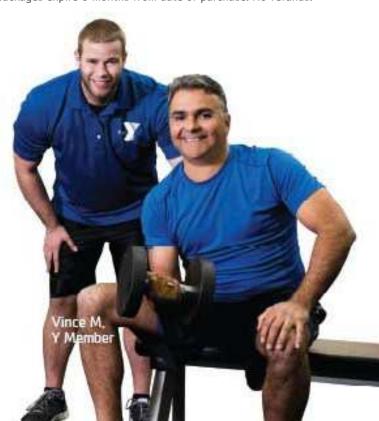
For more information on Personal Training contact Matthew Jewell at matthew.jewell@ymcahouston.org or call 713-781-1061.

#### **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.



## **Private Client Request Form**

Today's Date:	Name:					Age: _	
Email:							
	/ Buddy / Group Monday Tuesday			_	utrition Saturday	Pilates Sunday	Yoga
•			•	•	•	•	
	(goals, activities, cu						
<u> </u>							
r you preter a ce Personal Traine	ertain individual, so	ect at leas	St two: (expand	led bio's av	ailable online	or at the Wel	come DeskJ
	. 3. R <b>ampacek</b> (Senior H	lealth Prom	otion, Rehabi	litation)			
Chris Moore (	All ages & fitness l	evels, Stren	gth training,	Confider	ice)		
<b>Jai Holla</b> (Res	istance & Bodyweig	ıht, Strengtl	n training, S.U	J.C.C.E.S.	5.)		
James Janusz	e <b>wski</b> (Weight man	agement, P	roper form, S	trength t	raining, Co	re stabilit	·y)
Ruben Torchi	<b>a</b> (Weight managen	ient, Post R	ehabilitation,	Sports	conditionin	g, Dynami	c)
Thomas Eber	<b>s</b> (Fundamentals, Co	onditioning,	Motivational	Moment	:um, Accou	ntability)	
Johnny Quint	<b>anilla</b> (Technique, E	xecution, C	ore training,	Weight l	oss)		
Artigua "Tigg	<b>yz" White</b> (Weight l	oss, Sports	Perf., Correct	ive Exer	cise, Stren	gth & Con	ditioning, Sculpting
Sarah Martin	(Long-term success	s formula, A	ll ages trainir	ng)			
Olivia Kalma	(Strength & Conditi	oning, Reha	b, Weight Los	ss/Gain,	Sports Spe	cific)	
Susan Walde	n (Beginners, Wellne	ess, Adults,	Seniors)				
Clea Pastore	(Functional, Dynam	ic, Core trai	ning)				
Sabi Shoemai	n (Total Body Fitnes	s, All ages,	Weight Loss,	Core sta	ability)		
Laura Louis (/	All ages/levels, Core	training, W	leight Loss, S	tretching	g, Resistan	ce training	g)
Nutrition Couns Liliana Aguila	<b>elors:</b> ır (All ages, Family I	Nutrition, M	edical Nutriti	on Thera	ару)		
Christopher F	Rampacek (All Ages	Nutrition, I	Medical Advic	e)			
Pilates and Yoga Linda Latimer	a Instructors: r (Functional, Basics	s, Multi-disc	ipline)				

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

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

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