



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THERE IS NO OFF SEASON



SPORTS CONDITIONING YOUTH, TEEN, COLLEGE & MASTER ATHLETES

The Anderson Area YMCA is now offering training sessions focused on the development and improvement of skills related to athletic performance. These sessions are for youth, teens, college, and master athletes and can be provided on an individual, small group, or team basis. Sessions are designed to improve speed, agility, quickness, explosiveness, power, and strength to improve performance in any sport.

MEET YOUR TRAINERS:

Brett Campbell—former baseball player at Anderson University, BS in Kinesiology, Certified NETA Personal Trainer, ACE Certified Sports Conditioning Specialist, and TRX Level 2 Certified
Robert Tam—BS in Athletic Training/Exercise Science, Certified Strength and Conditioning Specialist (CSCS), and Certified USA Weightlifting.

RATES

INDIVIDUAL TRAINING: 1 hour sessions

4-session Member/\$120 Non-member/\$140
8-sessions Member/\$230 Non-member/\$250
12-sessions Member/\$330 Non-member/\$350
24-sessions Member/\$690 Non-member/\$710

INDIVIDUAL TRAINING: 30 min sessions

4-session Member/\$70 Non-member/\$90
8-sessions Member/\$135 Non-member/\$155
12-sessions Member/\$190 Non-member/\$210
24-sessions Member/\$360 Non-member/\$380

PARTNER TRAINING: 1 hour sessions

(Must include 3 or more who work out at the same time with the same trainer.

Must be 1 hour sessions)

4-sessions Member/\$95 person Non-member/\$115 person
8-sessions Member/\$185 person Non-member/\$205 person
12-sessions Member/\$265 person Non-member/\$285 person
24-sessions Member/\$500 person Non-member/\$520 person

SMALL GROUP TRAINING: 1 hour sessions

(Must include 3 or more who work out at the same time with the same trainer. Must be 1 hour sessions)

4-sessions Member/\$65 person Non-member/\$80 person
8-sessions Member/\$125 person Non-member/\$145 person
12-sessions Member/\$175 person Non-member/\$200 person
24-sessions Member/\$315 person Non-member/\$330 person

FOR TEAM RATES OR QUESTIONS CONTACT BRETT CAMPBELL AT 864-716-6273 04/12