

## Meet our Certified Personal Trainers

**Lisa Anderson** Certified NETA-PT  
& TRX Level 2 Qualified

**Brett Campbell** Certified NETA-  
PT, Certified ACE Sports Conditioning  
Specialist, TRX Level 2 Qualified

**Elliott Crudup** Certified NETA-PT,  
TRX Level 1 Qualified

**Shawnece Neeley** Certified ACE-  
PT, Certified ACE Orthopedic  
Specialist, TRX Level 1 Qualified

**Renee Verdell** Certified AFAA-  
PT, TRX Level 1 Qualified

**Malek Martin** Certified NASM-PT,  
Certified YMCA Group Exercise  
Instructor

**Robert Tam** Certified NSCA  
(CSCS)- PT TRX Level 1 Qualified,  
CrossFit Level 1 Trainer

**Kevin Childs** Certified NSCA  
(CSCS)- PT, RSCC, FRC, FMS,  
OnbaseU/TPI Level 1 Certified

**Michelle Albanese** Certified ACE-  
PT, ACE Certified Group Exercise In-  
structor, ACE Fitness Nutrition  
Specialist

**Seth Hinson** Certified NSCA  
(CSCS)- PT

**Jared Smith** Certified ACSM- PT,

## Why hire a personal trainer?

Personal Training has many  
benefits that can help you  
achieve any or all of these  
goals:

- Lost Fat Weight
- Gain Muscle Mass
- Increase Strength
- Improve Appearance
- Increase Energy
- Reduce Stress
- Improve Athletic  
Performance
- Ensure Proper  
Technique
- Increase  
self-confidence
- Motivation and  
encouragement

## Anderson Area YMCA

201 East Reed Road  
Anderson, South Carolina 29621  
Phone: 864-716-6281

# PERSONAL TRAINING



# MOTIVATION SUCCESS SUPPORT

For more info please contact  
Chad Alewine-Wellness Director  
at 864-716-6281

## Use our personal trainers...

### For Post Rehab Training

We offer post rehab programs for people who have completed physical therapy and are interested in achieving the next level of strength, health, and fitness. Post rehab Personal Training is available to recent physical therapy graduates or for people who want or need to continue improving their physical status with the assistance and oversight of an expert fitness and wellness professional.

### For Sport Specific Training

Get sport specific with your personal trainer! Sport-specific training focuses on performance enhancement and injury prevention. This training is scheduled on an individual basis and is based on your specific needs and goals.

### For Partner or Small Group Training

Workout with a friend and receive individualized attention and achieve results. Stay committed and save money while you work with a friend.

### For One on One

A nationally certified personal trainer will design an individual fitness plan geared to your specific needs. Each 60 or 30 minute session includes the latest training techniques to maximize your results and motivate you to reach your goals.

## Rates

Individual Training 30 minute sessions	Individual Training 1 hour sessions	Partner Training	Small Group Training
4-sessions \$95	4-sessions \$155	(Must include 2 members who work out at the same time with the same trainer. (Must be 1 hour sessions)	Must include 3 or more members who work out at the same time with the same trainer. (Must be 1 hour sessions)
8-sessions \$180	8-sessions \$295	4 sessions \$115/person	4 sessions \$80/person
12 sessions \$255	12-sessions \$420	8 sessions \$220/person	8 sessions \$150/person
24 sessions \$450	24-sessions \$790	12 sessions \$300/person	12 sessions \$215/person
		24 sessions \$560/person	24 sessions \$380/person

## Jump Start Package

Not sure whether you want to commit to a personal trainer? New personal training clients can try personal training with the Y's Jumpstart package.

(This package is for members who are only new to personal training)

### 3-1 hour sessions \$85

package includes the following:

- 3 hours of Personal Training
- Nutrition consultation with Registered Dietician
- Free pass to our next Healthy Cooking class

### 3-30 minute sessions \$49

package includes the following:

- 3 30 minute sessions of Personal Training
- Nutrition consultation with Registered Dietician
- Free pass to our next Healthy Cooking class