

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

Andrew Olson Certified NETA-PT, TRX Level 1 Qualified, CrossFit Level 1 Trainer

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

Marty Vankanegan Certified ACE-PT, Certified ACE Orthopedic and Senior Fitness Specialist, TRX Level 1 Qualified

Sarah Leow Certified NASM-PT, NASM Fitness Nutrition Specialist, NASM Women's Fitness Specialist, TRX Level 2 Qualified

Michelle Albanese Certified ACE-PT, ACE Certified Group Exercise Instructor, ACE Fitness Nutrition Specialist

Madeline Helms Certified NASM-PT, CrossFit Level 1 Trainer

Garner Frick 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

4-sessions \$95

8-sessions \$180

12 sessions \$255

24 sessions \$450

Individual Training 1 hour sessions

4-sessions \$155

8-sessions \$295

12-sessions \$420

24-sessions \$790

Partner Training

(Must include 2 members who work out at the same time with the same trainer. (Must be 1 hour sessions)

4 sessions \$115/person

8 sessions \$220/person

12 sessions \$300/person

24 sessions \$560/person

Small Group Training

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

4 sessions \$80/person

8 sessions \$150/person

12 sessions \$215/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