



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 offers 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), TRX Level 1 Qualified, and Certified USA Weightlifting.

**John Stoffregen**—NASM

**Malek Martin**—NASM

### 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 2 people 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/\$115 person Non-member/\$130 person  
12-sessions Member/\$170 person Non-member/\$185 person  
24-sessions Member/\$300 person Non-member/\$315 person

**For team rates or questions, contact Brett Campbell at 864-716-6273**