

## 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,

**Kevin Childs** Certified NSCA (CSCS)

**Alex Martin** Certified ACE-PT, TRX Level 1 Qualified, TRX Rip Trainer Qualified, TRX Golf Specialization

**Tori Uva** Certified NASM-PT, CrossFit Level 1 Trainer

**Sarah Devine** Certified NASM-PT

**Beth McCauley**

## 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

## 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 Small Group Training

Workout with friends 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

## 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 \$100** package includes the following:

- 3 hours of Personal Training
- Free pass to our next Healthy Cooking class

**3-30 minute sessions \$60**

package includes the following:

- 3 30 minute sessions of Personal Training
- Free pass to our next Healthy Cooking class

## Rates

### Individual Training 30 minute sessions

4-sessions \$100  
8-sessions \$190  
12 sessions \$270  
24 sessions \$480

### Individual Training 1 hour sessions

4-sessions \$170  
8-sessions \$320  
12-sessions \$460  
24-sessions \$900

### Small Group Training

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

4 sessions \$85/person  
8 sessions \$160/person  
12 sessions \$230/person  
24 sessions \$450/person