

## Our Packages Broken Down

### **1 - 9 Sessions or 10+ Sessions**

When purchasing these sessions, you're purchasing an hour of time with one of our trainers. You can decide how your hours are broken up. If you want 30, 45, or 60 minutes sessions, our trainers will keep track until you've used up all your purchased hours.

### **PT 101**

When purchasing a PT 101, you're getting 3 hours of time on the fitness floor with a trainer in addition to a 8 week fitness program. This is a great program for those who feel comfortable in the gym and perform movements with good technique. In a PT 101, a trainer will sit down and assess your goals and wants for your program and put together a customized program that reflects those needs. You will then work on the fitness floor three different times learning the different workouts your trainer put together for you. At the end, you'll have confidence and a guide to follow!

### **Program Design**

When purchasing a Program Design, you're purchasing a customized program put together by a trainer that reflects you're wants and goals in a program. You'll receive workouts customized for whatever space you're working out in and a 8 week guide to help you reach your goals and take your fitness journey to the next step!



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PERSONAL TRAINING & PROGRAM DESIGNING

NISHNA VALLEY FAMILY YMCA



Nishna Valley Family YMCA  
1100 Maple Avenue  
Atlantic, Iowa 50022  
712.243.3934

[www.nishnavalleymca.com](http://www.nishnavalleymca.com)

## Benefits of hiring a Personal Trainer

**You've been exercising for several months but you aren't seeing the results you want.**

A trainer can review your current routine and suggest ways to enhance each workout. They can help you determine realistic goals specifically for you. Learning movements and stretches that will benefit you as an individual is the key to reaching your fitness goals.

**There's so much information out there you don't know where to start.**

Each of our trainers has been educated in program design that incorporates cardiovascular, resistance, flexibility, and balance training components. They know how to safely create an exercise program individualized for you that is safe and effective. It's very important to perform exercises with proper form and technique to ensure injuries do not occur.



**You find every excuse not to stick with an exercise routine.**

One of the most important roles of a trainer is to be a source of accountability. Your trainer will be committed to you week in and week out. A trainer will rely on you to be on time to your appointment just as you will rely on him or her to effectively plan your routine for that day. Each trainer will motivate you, encourage you, and keep you on track.

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**You're bored with your own workouts.**

When you find yourself on the same machine week after week, it's time for something new. A personal trainer will help you properly learn to progress from beginner to intermediate and to advanced. Knowing how to safely progress from one level to the next is essential when reaching your fitness goals. Our trainers stay up to date with the latest fitness trends to keep your workouts fun!

## Pricing for each of our Packages

All sessions are 60 minutes, but clients may break up 60 minutes however they wish. All sessions must be paid for in advance.

1 to 9 Sessions	\$35 each
10 or More Sessions	\$25 each
PT 101	
Assessment and 3 sessions	\$100
Program Design	\$50

We can accommodate 2 people sessions! Ask your trainer for their pricing in these situations.

### Small Group Training (between 3-6 people)

1 to 9 sessions	\$10 each/person
10 or more	\$8 each/person

All packages/sessions are non-refundable and non-transferable.

All packages/sessions will expire 6 months from the purchase date.

### Certified Trainers

Ashton Koehlmoos	712.221.1877
Jon Jordan	712.249.2146
Allison Knox-Westmeyer	402.212.6580