

## Our Packages Explained

### Scholarship Pricing

We believe in making personal training affordable for everyone, therefore, if you are a part of our scholarship program, you're eligible for this discounted pricing! See Ashton to see if you qualify.

### Individual & Double Sessions

When purchasing individual or double sessions, you're purchasing an hour of time with one of our trainers. You can choose 30min, 45min, or 60min sessions and start at one time and move to another. We want you to be comfortable and we'll simply let you know when time is gone!

### PT 101

When purchasing a PT 101, you're getting 3 different sessions on the fitness floor with a trainer in addition to an 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 yourself and put together a customized program that reflects those needs. We can even design that program to fit where you workout! 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 your wants and goals in a program. You'll receive workouts customized for whatever space you're working out in and an 8 week guide to help you reach your goals and take your fitness journey to the next step!



FOR A BETTER YOU

Nishna Valley Family YMCA  
1100 Maple St  
Atlantic, Iowa 50022  
712.243.3934  
[www.nishnavalleyymca.com](http://www.nishnavalleyymca.com)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PERSONAL TRAINING & PROGRAM DESIGN

**NISHNA VALLEY FAMILY  
YMCA**



## Why a Personal Trainer?

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

A trainer can review your current routine and suggest ways to enhance your workouts. 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 a college degree in program design that incorporates cardiovascular, strength, flexibility, and balance training components. From years of experience, they know how to create an exercise program individualized for you that is also safe and effective because proper form and technique is important to ensure injuries do not occur.

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

One of the most important role as 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.

***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!

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

***We believe in providing opportunities for EVERYONE to work with a personal trainer.***

We understand that personal training is an additional cost to membership, but we don't want anyone to feel as though they can't afford personal training. We want all members, no matter their financial status, to have access to the great benefits that come from working with a personal trainer which is why we've developed a pricing structure that works for all our members.

Questions?  
See Ashton, our Fitness Director!

## Package Pricing

### ***Individual Sessions***

Price reflects cost per hour. See back side of this leaf for more info on how you can set up your sessions.

#### **Scholarship Pricing**

1 - 5 Sessions.....\$28 Each  
6 - 10 Sessions .....\$25 Each

#### **Regular Pricing**

1 - 5 Sessions.....\$30 Each  
6 - 10 Sessions .....\$29 Each  
11 - 15 Sessions .....\$28 Each

### ***Double Sessions***

Workout with your best friend or spouse!  
Price reflects cost per person.

#### **Scholarship Pricing**

Doubles 1 - 5 Sessions.....\$23 Each  
Doubles 6 - 10 Sessions .....\$20 Each

#### **Regular Pricing**

Doubles 1 - 5 Sessions.....\$25 Each  
Doubles 6 - 10 Sessions .....\$24 Each  
Doubles 11 - 15 Sessions .....\$23 Each

### ***Specialty Training***

See back side of this leaf for more info.

PT 101 ..... \$125  
Program Design..... \$75

**SESSIONS EXPIRE 6 MONTHS AFTER  
PUCHASE DATE!!**

### **OUR CERTIFIED TRAINERS**

Payton Wilkenfeld 712.304.4522  
Jon Jordan 712.249.2146  
Allison Knox-Westmeyer  
402.212.6580