

## Why do I need a Nutrition Coach?

Nutrition is one of the hardest areas of fitness to control. Seeing your trainer 2-3 times a week is great and motivating, but what about those other 165 hours where you're not around your trainer and food is tempting you. A nutrition coach is there to help you make lifestyle changes that fit into your everyday life. Our certified and knowledgeable nutrition coach will provide you with meal planning and recipes all customized to your individual needs. A nutrition coach will give you the motivation and accountability you need when you're outside of the gym whether you're just getting started or ready to take your fitness to the next level.

### Pricing

All sessions are an hour, however, length may vary based on needs of the individual. All sessions must be paid for in advance.

Your first session is FREE!!

1 or 2 Single Sessions	\$30 each
3 or More Sessions	\$25 each



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PERSONAL TRAINING & NUTRITION COUNSELING

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

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 Only                \$50  
(includes assessment)

Sessions can be shared between 2 clients. 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

Britanny Schaben        712.579.2560

Allison Knox-Westmeyer

402.212.6580