

# PERSONAL TRAINING

Individual, Buddy and Small Group Training packages



VALPARAISO FAMILY YMCA



# PERSONAL TRAINING

Whether you are just getting started on your fitness journey, need to increase your mobility, endurance or flexibility, want to lose weight or simply want a little extra coaching and motivation, our certified personal trainers will empower you to reach your health and fitness goals.

Start your journey to better health with us!

[VALPOYMCA.ORG/PERSONALTRAINING](https://valpoymca.org/personaltraining)



Individual, Buddy and Small Group Training Packages



Go to [VALPOYMCA.ORG/PERSONAL TRAINING](https://valpoymca.org/personaltraining) to answer some quick questions and we'll connect you with the perfect trainer for your journey.

# FIND YOUR PERSONAL TRAINER TODAY!

Take the intimidation out of your fitness journey by discovering a personal trainer who fits your lifestyle. The YMCA is here for all, and we have a personal trainer for every lifestyle.



## CATHY GREENAWALD

### ABOUT ME

I celebrate and strive for every day success in myself and my clients big and small. I am always expanding my fitness library from personal training specialties to improving as a group exercise instructor.

### CERTIFICATIONS

NASM CPT, TRX Certified, Balanced Body Pilates Reformer, Strong and CEU's in Kettlebells, Integrated Movement Specialist and more.

### TRAINING STYLE

I focus on building on my clients' own personal strength with a variety of activities and an emphasis on core.

## KATIE RANGEL

### ABOUT ME

I grew up with an innate love for movement and enjoy extending that same passion onto others. I take pride helping clients break through their initial mindset and modifying their lifestyle to exercise.

### CERTIFICATIONS

ACSM Certified Exercise Physiologist & NASM CPT.

### TRAINING STYLE

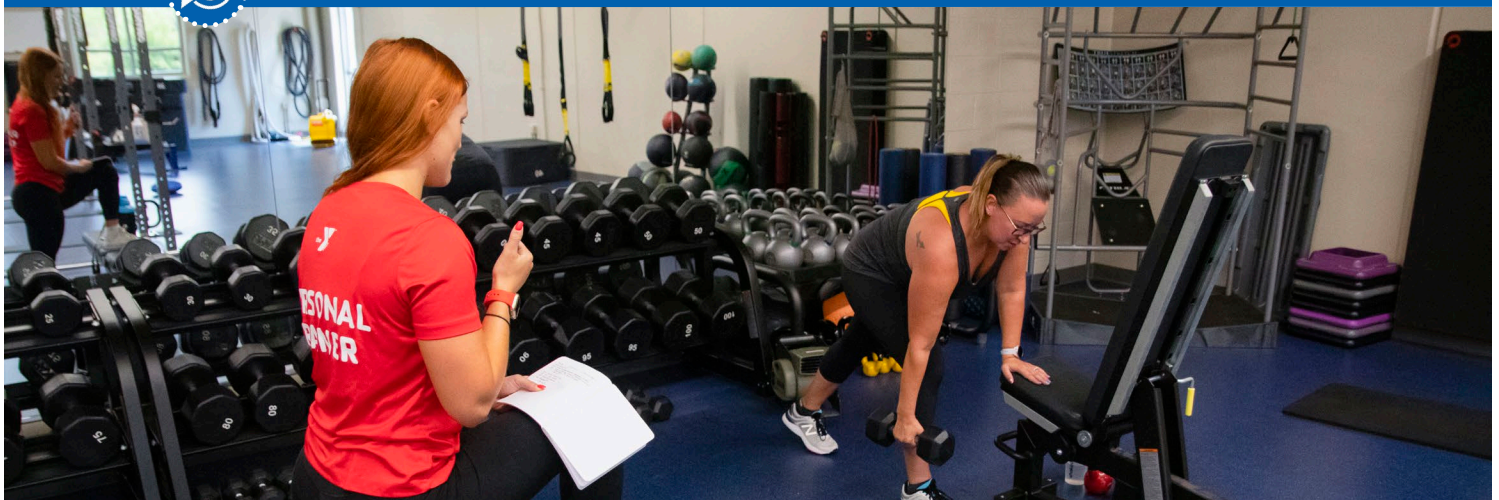
Fun, efficient, and versatile.



We will work with you to develop a customized program designed to meet your personal goals and then support you every step of the way.



LEARN MORE ABOUT OUR TRAINERS AT [VALPOYMCA.ORG/PERSONALTRAINING](http://VALPOYMCA.ORG/PERSONALTRAINING)



# TONY EDWARDS

## ABOUT ME

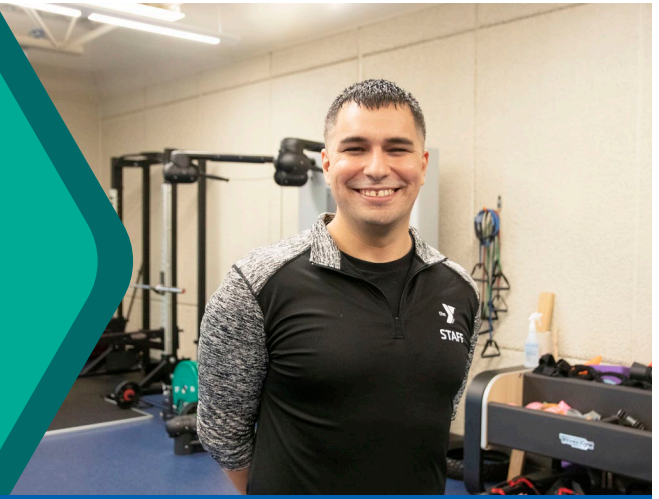
I've always been involved in sports, but my passion for fitness developed while fine tuning my own workout routine for several years. I enjoy helping people improve their wellness & it's a super rewarding job knowing you can make a difference.

## CERTIFICATIONS

ACE Personal Trainer, ACE Corrective Exercise Specialist, ACE Sports Performance Specialist, NETA Kettlebell Level 1.

## TRAINING STYLE

I challenge my clients & push them out of their comfort zone, but I also know when to pull back, which is equally important.



# CARIANN TURNER

## ABOUT ME

I am the former lifting & conditioning coach for Valpo University Tennis and Softball from 2009-2013. I have been teaching group exercise and designing fitness programs for people since 1984. My first passion was bodybuilding, but found that my true love was for cardio fitness. I have done over 40 sprint Triathlons!

## CERTIFICATIONS

NASM Personal Trainer, NASM Performance Enhancement, TRX Certified.

## TRAINING STYLE

My goal is to help people discover the benefits of exercise and make it enjoyable, not a chore.



# JEN DIXON

## ABOUT ME

I love fitness and exercise, but I also have always been interested in teaching or psychology — personal training lets me do it all! Having a client look at you and say "I never thought I could do that." is what drives me.

## CERTIFICATIONS

NASM CPT, NETA Cycle Certified, TRX Certified, Pilates Reformer Certified.

## TRAINING STYLE

I adapt to whatever each client needs during each training session. Everyday is different!



# MIKE JONES

## ABOUT ME

I completed over 56 marathons, ten 50ks, three 50 mile races, 1 Half Iron Triathlon, and 34 Chicago to Mackinac Island sailing races. I have trained a 70 yr old Professor to climb Mount Kilimanjaro & a 74 yr old to have the strength to water ski.

## CERTIFICATIONS

NASM CPT, NASM Integrated Mental Toughness, Balance Training, Exercise as an Anxiety Intervention, and more.

## TRAINING STYLE

I like to have fun with my clients and push them to do their best.





# STEFANNIE RUST

## ABOUT ME

Growing up I struggled with body image & eating disorders. After finding an interest in strength training and running I fell in love with body building, and now personal training. I use exercise as a form of therapy & I want to help people understand their bodies like I have.

## CERTIFICATIONS

NASM Women's Fitness Specialization, ACE Pre and Postnatal Certification, Livestrong at the YMCA, NETA Pilates Reformer.

## TRAINING STYLE

Learner-Focused. I adapt to what you respond to best.

# TAYLOR MCELHENY

## ABOUT ME

I've always loved fitness and lifting, and I am always searching for new ways to workout.. I have a bachelors degree in Exercise Science and a minor in Human Biology from Valparaiso University. I love helping others find their passion and their go to workout style!

## CERTIFICATIONS

NASM CPT and Group Training

## TRAINING STYLE

I love circuit work to show people multiple modes of exercise in one session. My main goal is to adapt to whatever the client is most comfortable with!



# GETTING STARTED IS EASY

- 1 Complete the Personal Training Interest Form at [VALPOYMCA.ORG/PERSONALTRAINING](http://VALPOYMCA.ORG/PERSONALTRAINING) and we will match you with a trainer based on your needs.
- 2 Come in for a FREE Personal Training Fitness Assessment
- 3 Purchase you sessions and start scheduling with your trainer!



# ROBYN JAKUBOWSKI

## ABOUT ME

After many years in the fitness industry, I joined the Y to help others on their journey to become stronger and healthier versions of themselves.

## CERTIFICATIONS

NASM CPT, Reiki Practitioner, and NETA Pilates Reformer

## TRAINING STYLE

A motivating friend with a plan, ready to lead you to your best self. I'm here to work around the clock to keep you focused & determined on the goals we set together!

# ALEX VELJOVIC

## ABOUT ME

I was out of shape when I was younger & wasn't confident in myself. So I decided to go to the gym and I fell in love with it. I enjoy the process of the fitness journey, because it truly never ends. You constantly need to push yourself to be 1% better everyday.

## CERTIFICATIONS

Graduated from the National Personal Training Institute in Chicago, NASM-CPT, NASM-CES.

## TRAINING STYLE

A supportive friend that holds you accountable, versatile and enthusiastic.



# LIZZ GOLD

## ABOUT ME

My fitness journey started in college when I discovered my love of weight training. I grew up at the Y and taught myself how to weight lift here. It's been like a home to me for over 10 years and I want to help everyone feel that same level of confidence and comfort in the wellness center.

## CERTIFICATIONS

B.S. Fitness Management with a minor in Nutrition, ACE CPT, NETA Pilates Reformer, ACE Fitness Nutrition Coach, ACE Mind Body Specialist

## TRAINING STYLE

Supportive and enthusiastic about fitness education.



## PERSONAL TRAINING BENEFITS

### FITNESS ASSESSMENT

During your fitness assessment, your trainer will develop a better understanding of your goals and gather baseline metrics such as your height, weight, body composition, cardiovascular fitness, flexibility and muscular endurance.

Your goals and fitness assessment are used to create a customized program and measure your progress as you train.

### HEALTH & SAFETY

Our trainers are certified experts who will tailor programs based on your goals and current fitness level.

Our facility has a designated personal training area.

### ACCESSIBILITY

Personal Training is offered to our YMCA members and non-members. We have a trainer for every experience level and want to provide our community with the best options to reach their fitness and wellness goals.

We're here for you!



# APRIL LAWRENCE

## ABOUT ME

I became a personal trainer because I have a heart for people and enjoy being a part of their journey in finding strength both physically and mentally.

## CERTIFICATIONS

NASM CPT, Strength and Conditioning

## TRAINING STYLE

I would describe my training style as energetic and motivating, focusing on your goals and doing my part to get you there.



# RACHEL SMITH

## ABOUT ME

I was inspired to be a trainer after going through personal training myself after having my second daughter. I loved how strong and healthy I felt. It changed the way I viewed myself and my self-confidence really grew. I want to help other's find that power.

## CERTIFICATIONS

NASM CPT , NASM corrective exercise Specialist, NETA Kettlebell, and MOTR certification.

## TRAINING STYLE

A former school teacher I utilize my passion for learning and research to do whatever it takes to meet any client's needs.



# ABBY VEATCH

## ABOUT ME

I was inspired to become a personal trainer because I have a great passion for health and wellness. I also feel that my purpose in life is to help as many others as I can, so personal training gives me the opportunity to combine both into one meaningful career

## TRAINING STYLE

I would describe my training style as a motivating and encouraging friend that is there to help support you in reaching your goals. I will also be that friend that creates opportunity for growth by challenging you and pushing you to your limits.



# KARI TERRELL

## ABOUT ME

Fitness has always been a part of my life. I enjoy educating and helping people find that inner strength and confidence in themselves through fitness and exercise.

## CERTIFICATIONS

Bachelor of Science in Kinesiology-Exercise Science  
NASM Certified Personal Trainer

## TRAINING STYLE

Client Focused- strives to build the right program design based on the needs of each client's goals and needs.





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**OUR MISSION** | To be a charitable non-profit organization that improves the quality of life in our communities through programs and services that strengthen the spirit, mind, and body for all.

**OUR VALUES** | Caring, Honesty, Respect, Responsibility

### VALPARAISO FAMILY YMCA

1201 Cumberland Crossing Drive | Valparaiso, IN 46383 | 219.462.4185

[WWW.VALPOYMCA.ORG/PERSONALTRAINING](http://WWW.VALPOYMCA.ORG/PERSONALTRAINING)

# PERSONAL TRAINING

## TRAINING PACKAGES

### Individual Training

PROGRAM	30 MINUTE SESSION	ONE HOUR SESSION
MONTHLY	\$33/\$38	\$53/\$58
3 MONTH	\$28/\$33	\$48/\$53
6 MONTH	\$23/\$28	\$43/48

All prices are shown as cost per person.  
Valpo Y Member/Non-Member pricing




### Buddy Training

PROGRAM	BUDDY TRAINING 30 MINUTES	BUDDY TRAINING 1 HOUR
MONTHLY	\$27/\$30	\$51/\$57
3 MONTH	\$23/\$27	\$43/\$54
6 MONTH	\$20/\$24	\$37/\$51

All buddy training prices are shown as cost per person.  
Valpo Y Member/Non-Member pricing

**LIKE & FOLLOW**

Stay connected on Facebook, Instagram, and YouTube!

### Small Group Training

SMALL GROUP PERSONAL TRAINING 7-WEEK SESSION, 3-8 PARTICIPANTS	
1X/WEEK	\$75/\$80
2X/WEEK	\$150/\$155

All prices are shown as cost per person.  
Valpo Y Member/Non-Member pricing