

BENEFITS OF PERSONAL TRAINING

- Develop an exercise program specifically designed according to your personal health history, needs, limitations, and goals.
- Add variety and efficiency to workouts.
- Learn new ways to accelerate results.
- Learn new exercises, routines and programs.
- Create a consistent and enjoyable fitness program that becomes part of your lifestyle.
- Build confidence and knowledge.
- Overcome boredom and plateaus.
- Increase motivation and interests.



Maquoketa Area Family YMCA
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Maquoketa, IA 520960
P 563-652-6566

www.maqymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DO MORE BE MORE

Personal Training Services
MAQUOKETA AREA FAMILY
YMCA



WHAT OUR CLIENTS SAY....

"Erica was my trainer for 10 weeks. While being trained under her professional experience, I have learned many techniques on various workouts and how to safely strengthen my core and muscle groups for a total body workout. I am in my 50s and I know the importance of keeping muscles and bones physically fit as we age. Her knowledge, experience and awareness of my personal goals and needs were understood and fulfilled. She continues to inspire me and keeps me focused on my fitness goals as I incorporate this into my daily life."

-Rochelle Callender
Member since 2008



TRAINING OPTIONS & RATES

ONE-ON-ONE TRAINING

Work one-on-one with a Certified Personal Trainer and design a customized exercise, fitness, aquatic, sports or strength program to meet your goals.

1 Session	\$35.00
5 Sessions	\$165.00
10 Sessions	\$320.00

PARTNER TRAINING

Work with a partner and reach your goals together. *pricing is per person

1 Session	\$25.00
5 Sessions	\$115.00
10 Sessions	\$220.00

3 PERSON TRAINING

Register with your friends (groups of 3). Reach your fitness goals with personalized attention at a lower cost. *pricing is per person

1 Session	\$20.00
5 Sessions	\$90.00
10 Sessions	\$170.00

SMALL GROUP TRAINING

Register with your friends (groups of 4-8). Reach your fitness goals with personalized attention at a lower cost. Meets twice per week as scheduled by trainer. *pricing is per person

8 SESSIONS	\$100.00
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HOW TO GET STARTED

To sign up for personal training, please sign up at the front desk and fill out a personal training packet. We will pair you with a trainer as soon as possible to start on your road to fitness success!

WHAT OUR CLIENTS SAY....

"My two daughters and I signed up for personal training with Erica Barker through the Maquoketa YMCA. For me, personally, my goal was to learn more about how to properly weight train and learn to use all the equipment that the YMCA has to offer in the correct way. In my 50's, now, being able to maintain a good quality of life as I age is very, very important to me. Erica listened to my goals and is teaching me so many things that will definitely help me achieve this goal. She is fun, she is personable, and is as flexible as she can be with scheduling, in order to work with me and my busy life. I, also, like the fact that Erica was willing to work with both my daughters and I in small group, personal training sessions. Thank you, Erica, and here is to a HEALTHY, ACTIVE FUTURE!"

~Sue Petersen

Erica has helped me tremendously with reaching my goals and achieving them. Even when I fall off the bandwagon she always gets me back on track. She took my personal goals into consideration and I am loving feeling the difference in my strength, and look forward to seeing the long term difference. Thanks Erica!!!

~Amy Petersen, new member