

Cost

Personal Training

YMCA Members

ONE HOUR

Individual Training Sessions:

- 1 Session: \$40
- 5 Sessions: \$170
- 10 Sessions: \$320

Two Member Training Sessions:

- 1 Session: \$50
- 5 Sessions: \$220
- 10 Sessions: \$420

ONE-HALF HOUR

Individual Training Sessions:

- 1 Session \$25
- 5 Sessions \$105
- 10 Sessions: \$200

Two Members:

- 1 Session \$30
- 5 Sessions \$130
- 10 Sessions: \$250

Personal Training fees expire one year after the date of purchase. Non-members may enjoy personal training sessions, but are required to purchase a day pass for each day of training. Non-members may purchase individual training sessions only.



Boyertown Area YMCA

Daniel B. Boyer Center
301 West Spring Street
Boyertown PA 19512
610-369-YMCA

**William S. Hollenbach
Center**
3065 N. Charlotte St.
Gilbertsville PA 19525
610-754-7010

www.boyertownymca.org



Boyertown Area YMCA

Personal Training



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Personal Training

Have you reached a plateau? Are you bored with the same old routine? Do you need an extra push to reach your fitness and weight loss goals? Maybe you are training for a sports event or recovering from an injury. Then it's time to let one of our certified personal trainers develop an individual exercise program just for you. Train for a day, month, or year. Call today to schedule your first training session!

Specialized Personal Training

Personal Yoga

Take Yoga to another level. Challenge your mind and body to explore postures designed to enhance your personal fitness abilities.

Instructor: Personal Trainer, Ceil Fresco.

Personal Training for Strength/Power/Bodybuilding

Strength and power play a crucial role in many sports and activities. To improve in these areas or to prepare for a powerlifting or strength competition. Instructor: Mike Briggs, Personal Trainer.

Triathlon Personal Training

Get the individualized training you need to get started racing. Duathlons, triathlons, 5Ks, 10Ks or marathons. Allow our trainer, Tina Schrode-Fries, to help you challenge yourself and meet your goals. You name it, Tina has raced it. Great for beginner racers.

Personal Flexibility Training

Do you overlook stretching in your workout routine? Personal flexibility training can help you keep your body limber, offset age-related stiffness, improve athletic performance, prevent injuries, and optimize functional movement in daily life.



Personal Trainers

Mike Briggs

AAAI Certified Personal Trainer
Competitive Body Builder

Monica Crognale

AAAI Certified Personal Trainer
AAAI Pilates
AAAI Group Fitness Instructor
Reebok Cycling Instructor
Body Pump Certified
Bosu Integrated Balance Training Specialty Certificate

Ryan DeLong

B.S. Kinesiology
Competitive Power Lifter

Ceil Fresco

AAAI Certified Personal Trainer
AAAI Yoga Certified
NETA Yoga Certified
AFAA Aerobics Instructor
AAAI Pilates Instructor Certification

Personal Trainers

Heather Hofbauer

B.S. Exercise and Sports Science
ACE Certified Personal Trainer
ACE Certified Lifestyles and Weight Management Consultant
Certified Nautilus Strength Trainer
Bosu Integrated Balance Training Specialty Certificate
Reebok Cycling Instructor
Smart Bell Specialty Certificate
Certified Children's Fitness Specialist

Bridget Howard

AAAI Certified Personal Trainer

Mike Kaiser

SCW Certified Personal Trainer
AFAA Cycling Certification
Certified Children's Fitness Specialist
NESTA Biomechanics Training Certification

Kim Moeller

AFAA Personal Training
AAAI Personal Trainer
AAAI Pilates
Johnny G. Spinning
AAAI Aerobic Instructor
AAAI Step Instructor

Tina Schrode-Fries

Experienced runner, triathlete, and adventure racer
Ten years plus competition experience

Dan Stenger

B.S. Therapeutic Recreation