

# 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

**Janet Powell**  
Wellness Director  
610-369-YMCA ext. 250

[www.boyertownymca.org](http://www.boyertownymca.org)



# Boyertown Area YMCA

# Personal Training



[www.boyertownymca.org](http://www.boyertownymca.org)

# 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

### **Janet Powell** Wellness Director

AFAA Aerobic Instructor • Body Pump Certified  
AAAI Personal Trainer  
ACE Certified Personal Trainer  
ACE Certified Group Fitness Instructor  
NDEITA Group Fitness Instructor  
Reebok Cycling Instructor  
AAAI Yoga Certified • NETA Yoga Certified  
AAAI Certified Kid & Teen Fitness Instructor

### **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

## Personal Trainers

### **Ceil Fresco**

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

### **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