

# READY TO GET MOVING? FOLLOW THESE STEPS!

## STEP #1:

Become dedicated! Decide that you are willing to change your life while changing your lifestyle.

## STEP #2

Become motivated! Pick a trainer that suits your needs. If you cannot decide, we can help!

## STEP #3

Become accountable! Stop by the Member Service Desk and pay for your Personal Training Package. Remember, no refunds!

## Pricing: (sessions are 1 hour)

	Training for 1 person	Training for 2 people
1 Session	\$35.00	\$47.00
Package of 4	\$120.00	\$168.00
Package of 8	\$224.00	\$320.00
Package of 12	\$312.00	\$456.00

GREENE COUNTY YMCA  
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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HELPING YOUR PLANS MEET YOUR GOALS

Personal Training Brochure  
GREENE COUNTY YMCA



# Jimmy

He is in the military and trains numerous soldiers to help reach their APFT goals. While assisting others to attain their goals, James learned first-hand as he transformed his physical appearance during his early years to a stronger/healthier individual through proper nutrition and exercise. James will apply his own experiences and knowledge to help improve the overall health and fitness of his clients.



# Ali

She has a master's in physical therapy and has worked with clients of all ages and various abilities, including balance issues and post-op clients. Ali understands life can get in the way of your goals and can help to work around those obstacles.



# Erika

She was overweight the biggest part of her life and personally found an answer to not only lose weight, but to transform her body and maintain a healthy lifestyle. Erika continues to set high personal goals for herself, but has a passion for training and developing strategies for her clients that motivate them to reach their own personal goals.



# Aneta

She is a graduate of the Academy of Physical Education in Poland. Aneta specializes in weight control, body toning, flexibility, strength training, core training and beginning body building. Regardless of your fitness goals, Aneta can design a program to achieve your expected results.



## WHAT CAN A TRAINER DO FOR ME?

- **Improve strength, flexibility, endurance and posture**
- **Develop strategies and set realistic goals for weight loss**
- **Develop a program that maximizes available time**
- **Schedule appointments for accountability and consistency**
- **Offer a variety of packages for greater affordability**
- **Motivate clients to live a healthier lifestyle**

# Savannah

She obtained her degree in Exercise Science from Austin Peay after overcoming Guillain – Barre syndrome in 2013. She worked to regain all her strength and endurance by weight training and running to challenge herself. Savannah specializes in assisting others with weight loss, muscular strength and endurance and improving sport performance in children with the use of weights.



# Kristin

She currently coaches the YMCA Sofa to 5K program and has developed and graduated over 70 participants from all fitness levels. Her passion for fitness knows no age or fitness levels and she loves working with beginners. Kristin realizes the importance of fitness at all stages in one's life. Her passions include running and coaching.



**All trainers are  
AAAI/ISMA Certified**