

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! We'll help you choose a trainer that best fits your needs and your schedule!

STEP #3

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

Pricing:

(sessions are 60 minutes)

	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
404 Y Street
Greeneville, TN 37745
423-639-6107
www.greenecounty-ymca.org



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.

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**

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.

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.

Savannah

She has a degree in Exercise Science, and is employed at Laughlin Hospital as the Wellness Coordinator. After having Gillian-Barre in 2013, she worked on regaining her strength and endurance by weight training. Now, she runs Spartan races to challenge her training. Savannah specializes in assisting others with weight loss, muscular strength and endurance, and improving sport performance in children.



**All trainers are
Nationally Certified!**