



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ACHIEVE YOUR GOALS

## Personal Training

**Motivation and accountability** are at the core of personal training. Certified trainers are instructors who stand beside you at every physical challenge, **encouraging** you to try your hardest and keeping you on track. Through personal attention and expert advice, a trainer designs a progressive plan to help you achieve maximum results and avoid injury.

All of our personal trainers are nationally certified. They work everyday in the fitness field with people just like you. Reach your goals: get started today!

**See the front desk for rates and registration form to get started!**



# PAR-Q & YOU

Physical Activity Readiness  
Questionnaire: PAR-Q (revised 2002)

## A Questionnaire for People Aged 15 to 69

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

Yes No

- 1. Has your doctor ever said that you have a heart condition **and** that you should only take part in physical activity prescribed by them?
- 2. Do you feel pain in your chest when you take part in physical activity?
- 3. In the past month, have you had chest pain when you were not being physically active?
- 4. Do you lose your balance because of dizziness or do you ever lose consciousness?
- 5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
- 6. Is your doctor currently prescribing drugs for high or low blood pressure, or a heart condition?
- 7. Do you know of **any other reason** why you should not take part in physical activity?

### If you have answered YES

to one or more questions, talk with your doctor by phone or in person **BEFORE** you start becoming much more physically active or **BEFORE** you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want—as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which programs are safe and helpful for you.

**PLEASE NOTE:** If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

### If you have answered NO

honestly to **all** PAR-Q questions, you can be reasonably sure that you can:

- Start becoming much more physically active—begin slowly and build up gradually. This is the safest and easiest way to go.
- Take part in a fitness appraisal—this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

#### Delay Becoming Much More Active:

- If you are not feeling well because of a temporary illness such as a cold or a fever—wait until you feel better; or
- If you are or may be pregnant—talk to your doctor before you start becoming more active.

**No changes permitted.** You are encouraged to photocopy the PAR-Q but only if you use the entire form. This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent/Guardian if Underage: \_\_\_\_\_ Witness: \_\_\_\_\_



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## Meet Your Trainer: **TERRI BURCH**



**I'VE** been in the fitness world for 30 years and have been active all my life. Starting in college teaching aerobics and personal training, before there was such a thing.

During that time I began bodybuilding, though never competing in any meets, I enjoyed the strength and definition I developed with my workouts.

Included in my credentials are 2 Personal Trainer Certifications, TRX Group Exercise Certification, YMCA Group Exercise Certification, Tai Chi for Better Balance Certification, SAFAX

Yoga Certification, YogaFit levels 1-3; Longevity Training for Seniors, Yo-Chi, Zumba 2007; Yoga for your Sacroiliac Joint, Upper Back, Neck, and Shoulders, and Restorative yoga; Breathing Physiology and Practice; Practical Approach Yoga, Pilates, and Fighting Obesity/Biggest Loser.

As an instructor/trainer, I spend a great amount of my time keeping up with current information and trends in the fitness world and continue to look for ways to implement new techniques with my clients and in my classes.

Contact me today by email at [tburch@orthmanymca.org](mailto:tburch@orthmanymca.org).



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# Terri's Personal Training Rates

## 30 Minute Individual

**8 Sessions:** \$180

**10 Sessions:** \$200

## 45 Minute Individual

**8 Sessions:** \$240

**10 Sessions:** \$260

## 30 Minute Partner/Group

**8 Sessions:** \$170/person (4 weeks, twice a week)

**10 Sessions:** \$190/person (5 weeks, twice a week)

## 45 Minute Partner/ Small Group

**8 Sessions:** \$220/person

**10 Sessions:** \$240/person

## Other Plans

**Single session/workout plan/Lifestyle plan**

\$50 (with followup session)

**Body Composition & Measurements - \$20**

Partner rates are per individual person. All members must sign up, pay and attend sessions together.



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# Meet Your Trainer: MELANIE SHUBERT



**AFTER** taking control of my own health and fitness 10 years ago, I began studying to become a personal trainer. The possibility of helping others to feel the way I was feeling — better strength, endurance, energy, weight management, balance, agility—was so exciting to me! And that dream has come true. It is endlessly exciting to hear a client say “I’ve never been able to do this before,” or “I haven’t been this size for a long time,” or “Wow! I didn’t think I could do this, but I am!” The look of confidence and accomplishment on their faces is priceless!

My training includes: certified Personal Fitness Trainer; certified in Older Adult Fitness; certified to administer the Senior Fitness Test; certified in Kettlebell training; certified in Dynamic Stretching; certified in Exercise for Fibromyalgia, Cycling, shoulder Girdle Stabilization, Knee Stabilization, Lower Back Stabilization; Trained in Tai Chi and Ai Chi; certified in Breast Cancer Wellness Coaching and Breast Cancer Recovery Exercise; Licensed to teach Zumba Fitness, Zumba Toning, Zumba Gold and Zumba Gold Toning. I continually study because there is always something new to learn!

I teach CoreFit, KnockOut Kickboxing, Cycle Core, Boot Camp, Strength Builders for Older Adults and Zumba Gold.

In all my classes and one-on-one workouts, I specialize in making exercise available to all. I have trained clients from 13 to 87 years of age, men and women. Each one has made gains in their fitness and weight management and has learned stress relief techniques as well.

Away from work, I love to be outdoors —kayaking, hiking, biking, running the dog and landscaping. I also enjoy making things in many media, having a Bachelors Degree in Art. My three grown children are amazing and interesting people who are wonderful friends.

Contact Melanie today by email at [mshubert@orthmanymca.org](mailto:mshubert@orthmanymca.org).



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# Melanie's Personal Training Rates

## 30 Minute Individual

**5 Sessions:** \$110  
**10 Sessions:** \$210  
**15 Sessions:** \$300

## 45 Minute Individual

**8 Sessions:** \$240  
**15 Sessions:** \$430

## 30 Minute Partner

**8 Sessions:** \$170 per person  
**16 Sessions:** \$320 per person

## 60-Minute Food & Lifestyle Plans

For individuals. Includes 45 minute workout with 15 minutes diet lifestyle planning: \$200

## Other

**Single Session and One Workout Plan** - \$40  
**Body Composition and Measurements** - \$20



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## Meet Your Coach: **PATTY BEAN**



**PATTY** brings balance and well-being to the lives of others through massage, energy work, mindful movement classes and one-on-one coaching.

Patty learned first-hand the value of changing her diet and lifestyle to create a remarkable health transformation. In 2010, she returned to school in Omaha to become a Massage Therapist. There, she took a class in wellness, which led to an awakening as to how powerful our food and lifestyle choices can be.

She began to understand the importance and the effect that whole, unprocessed food has on the body. It was also in Massage School that Patty took classes in Meditation, Yoga, Qigong and Tai Chi, which sparked her understanding of the power of the Mind/Body/Breath connection as it relates to the body's ability to heal.

She began to understand that a radical change was necessary to reverse her chronic health conditions, decrease stress and create a life to love. This shift in awareness allowed her to leave a 31-year management career in the USPS and find a new path of personal growth, business ownership and love of learning.

In 2012, Patty founded Massage & Healing Arts, LLC. She is honored to bring calm and peace into the lives of her massage, coaching & yoga students.

Patty has received Health Coach training and certification from the Institute for Integrative Nutrition in New York City and has recently completed her training to become a Functional Medicine Certified Health Coach. Patty teaches Yoga, Tai Chi, Qigong, Meditation and Goal-Setting classes. As coach, Patty inspires, supports and encourages her clients to transform their health & well-being to create a vibrancy of mind, body and spirit. She helps the client to achieve their own vision of optimal health and transformation.

Contact Patty today by email at [pbean@orthmanymca.org](mailto:pbean@orthmanymca.org).



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# Patty's Coaching Rates

## Nourished, Well Being

A six-week (1-hour per week) coaching program: \$299

## Nourished & Balanced

A 12-week (1-hour per week) coaching program: \$549

## Starter Coaching

1 45-minute coaching session: \$60

5 30-minute coaching sessions: \$159