



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: TASHA MANAHAN



MY journey in the fitness world began several years ago when I realized I had 35 pounds to lose. With many struggles that presented themselves along the way I managed to lose those 35 pounds and discovered passion for the fitness world. Which prompted my desire to be a personal trainer.

So, in 2008, I applied for the Fitness Associate position at the Y and started my journey helping others with their health and fitness goals. I have coached participants through the Y's weight loss programs such as, Lighten up the Prairie, Building Healthy Families and enjoy keeping our farmers healthy with our Fit Farmers program. Boot Camp, Insanity, TRX and RIP are several classes that I enjoy instructing at our YMCA.

As an AFAA Certified Personal Trainer I enjoy working with all levels of clients young to old. I offer flexible appoint times with morning and evening appointments available. I look forward to creating challenging workouts that are focused on helping you reach your fitness goals.

My training philosophy is, **"If it doesn't challenge you, it doesn't change you."**

Contact Tasha today by email at nmanahan@ymcaoftheprairie.org.



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Tasha's Personal Training Rates

30 Minute Individual

Don't have much time? Try one-on-one 30 minute express sessions. Receive fitness testing, body composition and nutritional guidance.

- 1 Session:** \$20 member
- 3 Sessions:** \$54 member
- 10 Sessions:** \$170 member

45 Minute Individual

The one on one exercise sessions are personally designed to help you achieve your fitness goals. Receive fitness testing, body composition and nutritional guidance.

- 1 Session:** \$27 member
- 3 Sessions:** \$75 member
- 10 Sessions:** \$240 member

45 Minute Partner

Training with a friend, co-worker, or partner allows you to work out together. It is a great way to keep each other accountable and have fun while you get in shape. Receive fitness testing, body composition and nutritional guidance.

- 1 Session:** \$19 member
- 3 Sessions:** \$51 member
- 10 Sessions:** \$160 member

1 Hour Individual

The one on one exercise sessions are personally designed to help you achieve your fitness goals. Receive fitness testing, body composition and nutritional guidance.

- 1 Session:** \$33 member
- 3 Sessions:** \$93 member
- 10 Sessions:** \$300 member

1 Hour Group (3-6 people)

Group training is a great option for those looking to spend less while working with a trainer. This is a great way to achieve success through the motivation of others! Receive fitness testing, body composition and nutritional guidance.

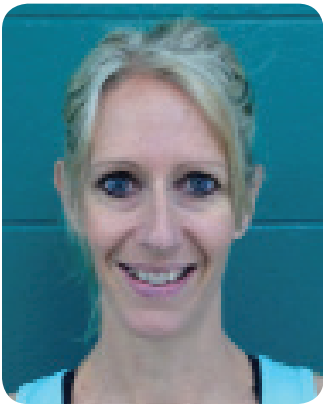
- 1 Session:** \$18 member
- 3 Sessions:** \$48 member
- 10 Sessions:** \$150 member

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



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Meet Your Trainer: **STEPHANIE MONTHY**



BEFORE I received my personal training certification I periodically had individuals approach me for guidance on nutrition and exercise. I began to realize this was my destiny as I enjoyed helping others get fit & healthy.

I am an AFAA Certified Personal Trainer and Group Exercise Instructor. I have 9 years experience teaching a variety of group exercise classes including aqua, step, strength, cardio, RIP, TRX and Insanity. Each one of these classes has given me a better understanding and a variety of tools

to work with clients. My experience in the personal training field spans all ages and fitness levels ranging from young athletes to older adults.

I struggled with my own weight after having four children so I understand the challenges of weight loss and getting in shape. Whether you need to lose weight, tone up, build muscle or improve your athletic performance for the next sport I would like to help you meet your fitness goals.

My training philosophy is, **“It really doesn’t matter how you start, it’s how you finish.”**

Contact Stephanie today by email at stephaniemonthy@q.com.



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Stephanie's Personal Training Rates

30 Minute Individual

10 Sessions: \$170 member

30 Minute Partner

Express workout designed to meet both of your unique needs and goals.

10 Sessions: \$120 member

45 Minute Individual

Specific workout designed to meet your unique needs and goals. Body composition, nutrition guidance and accountability (optional) along with one-on-one deep flexibility & stretching are all included in this package.

10 Sessions: \$265 member

45 Minute Partner

Specific workout designed to meet both of your unique needs and goals. Body composition, nutrition guidance and accountability (optional) along with one-on-one deep flexibility & stretching are all included in this package.

10 Sessions: \$165 member

45 Minute Group (3-6 people)

Specific workout designed in a group format to hit upper body, lower body and core.

10 Sessions: \$140 member

45 Minute One Session

Try one 45 minute session. Get to know your trainer and experience your first personal training session.

One Session: \$26.50

*Employee discounts available for all YMCA employees. 20% off your first 30 minute package. Applies only to your first package and on the 30 minute trains only.

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