



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.



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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



AT AGE 21, I was diagnosed with Insulin Dependent Diabetes. I was thin, running, eating lots, but tired and losing weight rapidly. That diagnosis became the center of my life, though I didn't always follow the rules for diabetics and my weight and health went up and down for years. Fourteen years ago, I refocused on my fitness and eating plan to be the healthiest I could be. I lost more than 65 pounds and completely changed my health. I have maintained that healthy lifestyle ever since. Because of those experiences, I know the turns life can take and how hard it can be to maintain fitness routines and manage weight.

Being a personal trainer allows me to help others make the same changes. I work with clients on weight loss journeys, strength building journeys, speed, endurance, athletic performance, balance, post rehab, special needs, regaining after illness and more. My clients range in age from 17-87, and each one has unique needs and goals. I truly enjoy each person and each challenge. I'm constantly studying the science of health and fitness to increase my ability to help others. I teach CoreFit, KnockOut Kickboxing, Cycle Core, Boot Camp, Strength Builders for Older Adults and Zumba Gold.

In my personal life, I love to hike, kayak, garden and make things. I have three amazing grown children who have become my best friends. And many of my clients have become indispensable friends and a true gift in my life.

My certifications include: Certified Personal Fitness Trainer (ISSA), Group Exercise Instructor (ACE YMCA), Spinning (MD Spinning), Yoga (NETA), Tai Chi Instructor, and Older Adult Fitness Training (AAAI/ISMA). My trainings include: Cycling; Knee, Shoulder and Lower Back Stabilization; Exercise for Fibromyalgia; Breast Cancer Wellness Coaching and Recovery Exercise; Dynamic Stretching; Ai Chi Instructor; Kettlebell Training (Human Kinetics/AAAI/ISMA)

Contact Melanie today by email at mshubert@orthmanymca.org.



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Melanie's Personal Training Rates

30 Minute Individual

6 Sessions: \$150
10 Sessions: \$250
16 Sessions: \$370

45 Minute Individual

8 Sessions: \$260
15 Sessions: \$500

30 Minute Partner

8 Sessions: \$180 per person
16 Sessions: \$350 per person

60-Minute Individual Food & Lifestyle Plans

6 Sessions: \$300

Other

Single Session and One Workout Plan: \$50
Body Composition and Measurements: \$20

Training in the Pool

30-Minute Individual Pool Sessions

6 Sessions: \$175
10 Sessions: \$275

30-Minute Partner Pool Sessions

6 Sessions: \$160 per person
10 Sessions: \$260 per person



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Meet Your Trainer: **CASEY FORD**



I AM a mother of 3 young children. I started my fitness journey in college, although at that time I was not dedicated to my fitness.

After getting married, I got a lot more serious! Results came quickly to my cardiovascular fitness routine.

Then, I took up running with some local girls. I soon found that I enjoyed it and began entering local 5K races. In a few short years, I was winning my age group and even was top female at a few

races. I moved up to a few 10Ks and on to my favorite distance, the Half Marathon!

To date, I have competed in more than a dozen half marathons including Lincoln, Kearney, Nike Women's, Missoula, Napa to Sonoma and Estes Park. I am proudly the owner of a 1:40 PR!

As with many runners and athletes, I have had an injury. My injury led me to CrossFit. My intention was to rebuild strength and endurance for my running. It worked! But, I also fell in love with the workout style and the amazing changes it brought.

I have my CrossFit Level 1 Trainers Certificate, completed the CrossFit Judges course, I am a four-time returning half marathon pacer for the Lincoln Marathon and an organizer of the Johnson Lake St. Patrick's Run & Ride.

Contact Casey today by email at cford@orthmanymca.org.



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Casey's Training Rates

30 Minute Individual

6 Sessions: \$110
8 Sessions: \$140
12 Sessions: \$200

45 Minute Individual

6 Sessions: \$115
8 Sessions: \$170
12 Sessions: \$250

60 Minute Individual

8 Sessions: \$200
12 Sessions: \$300

45 Minute Group

8 Sessions: \$140 per person
12 Sessions: \$200 per person

60 Minute Group

8 Sessions: \$170 per person
12 Sessions: \$250 per person

SESSIONS ARE PER MONTH. If circumstances don't permit the use of all sessions in a month, arrangements must be made with trainer.