

## Certified Personal Trainers



### **Ginger Darrow**

Certified Personal Trainer with ACE and San Diego State University. Currently pursuing a BS in Health & Fitness. Hobbies include running, bouldering, and the outdoors.

### **Theresa Della Lana**

Fitness Coordinator at the Siskiyou Family YMCA. Certified with AFAA as a Personal Trainer. Received her BS degree in Recreation/Fitness Mgmt. from Lock Haven University in PA. Hobbies include soccer, group fitness and outdoor activities.

### **Lenita Higgs**

Certified Personal Trainer with AFAA. Along with personal training Lenita also teaches Zumba, Yoga, Noon Circuit and Senior Fit.

A Certified Personal Trainer Can Provide the Following Benefits:

- ◆ *One-on-one individualized attention to keep your workouts safe and fun. Trainer ensures that proper form is maintained.*
- ◆ *The perfect workout designed to specifically meet your personal goals*
- ◆ *Moral support and motivation*
- ◆ *A resource that can provide you with information on current fitness trends & research*
- ◆ *Individuals with special considerations can have exercises modified for their specific needs*
- ◆ *Workouts can be scheduled when a time is convenient for you*

# Y PERSONAL TRAINING™

We build strong kids, strong families, strong communities.

## RATE INFORMATION



 Siskiyou Family YMCA	
350 N. Foothill Drive Yreka, CA 96097 Phone: 530-842-9622 Fax: 530-842-0843	Website Address: <a href="http://www.siskiyou-ymca.org">www.siskiyou-ymca.org</a>



Siskiyou Family YMCA  
[www.siskiyou-ymca.org](http://www.siskiyou-ymca.org)

# Personal Training Rates:

## Personal



Deciding to hire a personal trainer is a huge commitment!

Here at the Siskiyou Family YMCA, we've made

A qualified personal trainer can design the perfect workout for your needs. Contact the YMCA today!

it easy for you to take the steps needed

to improve your overall health and well-being.

All of our certified personal trainers are committed in helping you become the best you can be. Are you interested in becoming more fit? Do you have a special occasion that you'd like to look your best for in the upcoming months? Has your family physician encouraged you to exercise more to lower your heart disease risk

because of high blood pressure or because you're borderline diabetic?

Whether your interests are in **Individual Personalized Training,**

## Group Personal Training Rates\*

## Fitness Assessments \$25.00

If you are new to exercise and interested in finding out what your current fitness status is, a fitness assessment is a good start. An assessment takes about a half hour and does **not** include a prescription for exercise. A great tool for establishing your baseline health values for future comparative data. A qualified trainer will assess the following:



Girth measurements can help determine WHR's.

- Resting heart rate and blood pressure
- Percent body fat
- Girth measurements/ WHR (waist-to-hip ratio)
- Cardiorespiratory fitness,
- Muscular strength & endurance

<b>3 Week Rx</b>	\$40.00
<b>6 Week Rx</b>	\$55.00
<b>9 Week Rx</b>	\$70.00
<b>12 Week Rx</b>	\$85.00

One Hour Single Sessions \$40.00  
Half Hour Single Sessions \$25.00

1/2 Hour Sessions	
6 Weeks	12 Weeks
<b>1x Week \$150</b>	<b>1x Week \$280</b>
<b>2x Week \$240</b>	<b>2x Week \$460</b>
<b>3x Week \$320</b>	<b>3x Week \$620</b>
1 Hour Sessions	
6 Weeks	12 Weeks
<b>1x Week \$240</b>	<b>1x Week \$460</b>
<b>2x Week \$420</b>	<b>2x Week \$820</b>
<b>3x Week \$560</b>	<b>3x Week \$1130</b>

Once/Week Session for 6 Weeks		
	1/2 Hour	1 Hour
<b>2 Client Rate</b>	<b>\$210</b>	<b>\$420</b>
<b>3 Client Rate</b>	<b>\$270</b>	<b>\$540</b>
<b>4 Client Rate</b>	<b>\$300</b>	<b>\$600</b>

\*Additional group training rates are available for training 2-3x/week and up to 12 weeks. Contact the Front Desk for further pricing information.