

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.

Scott Eastman

Health and Wellness Director at the Siskiyou Family YMCA. Certified with the National Strength and Conditioning Association (NSCA) as a Certified Strength and Conditioning Specialist (CSCS). Received his BS degree in Commercial Fitness Mgmt. from Pacific Union College in CA. Hobbies include rafting, volleyball and fishing.



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*

 Siskiyou Family YMCA	
350 N. Foothill Drive Yreka, CA 96097 Phone: 530-842-9622 Fax: 530-842-0843	Website Address: www.siskiyou-ymca.org



We build strong kids, strong families, strong communities.

RATE INFORMATION



Siskiyou Family YMCA
www.siskiyou-ymca.org

Personal Training



Deciding to hire a personal trainer is a huge commitment! Here at the Siskiyou Family YMCA, we've made 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

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

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 or Personalized Exercise Prescriptions** we can design the proper program to meet your needs. Personal Training is available in 1/2 hour or 1 hour blocks of time. Trainers can meet with you up to 3x per week and for 6 or 12 week sessions. Stop by or call today to learn more, 842-YMCA!

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:

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



Girth measurements can help determine WHR's.

Personalized Exercise Prescriptions

For those individuals who are committed to working out by themselves but need assistance in designing their own workout routine. Your appointment includes a half hour fitness assessment and a specially designed workout program that meets your own unique fitness goals and needs.

3 Week Rx	\$40.00
6 Week Rx	\$55.00
9 Week Rx	\$70.00
12 Week Rx	\$85.00

Personal Training Rates:

One Hour Single Sessions \$40.00

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

Group Personal Training Rates*

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

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