

What to Expect During Sessions

Your first session will include a free 15 - 20 minute assessment to discuss goals and any specific injuries you may have.

Our professional trainers will create a personalized exercise program designed to meet your needs and goals, while maximizing your workouts by teaching you proper form.

The trainers will use a variety of activities and exercises to keep you motivated and engaged. Our trainers can help you with weight loss, strength training, injury prevention, post rehabilitation, nutrition, and more.

Meet our Certified Trainers



Abby Clest

**FULLY BOOKED
NOT TAKING NEW
CLIENTS AT THIS
TIME**

Abby is a Certified Personal Trainer with additional certifications from ISSA in DNA-Based Fitness, Kickboxing, and Nutrition Coaching. A 20-year U.S. Marine Corps veteran.

Harry Easter

Harry is an ACE Certified Personal Trainer with additional certifications from ISSA in DNA-Based Fitness, Kickboxing, and Nutrition Coaching. A 20-year U.S. Marine Corps veteran.



Garett Payne

Garett is an IFA Certified Personal Trainer with specializations in Soft-Impact Strength Training and Nutrition. He has a degree as a Dietician.



Andrea Hoheisel

Andrea is a NASM-certified personal trainer specializing in supplementation, life coaching, and bodybuilding, with 20+ years as a PE teacher and Athletic Director.



Andrew Mcelvy

Andrew is an Active Certified Personal Trainer, and has specialties in Corrective Exercise, Performance Enhancement and holds an advanced Nutrition Certification



Rates

FACILITY MEMBERS INDIVIDUAL TRAINING

30 MINUTES

___ \$38 1x ___ \$198 6x

60 MINUTES

___ \$60 1x ___ \$308 6x

PARTNER TRAINING

30 MINUTES

___ \$60 1x ___ \$330 6x

60 MINUTES

___ \$94 1x ___ \$528 6x

COMMUNITY MEMBERS INDIVIDUAL TRAINING

30 MINUTES

___ \$55 1x ___ \$297 6x

60 MINUTES

___ \$83 1x ___ \$440 6x

PARTNER TRAINING

30 MINUTES

___ \$94 1x ___ \$528 6x

60 MINUTES

___ \$138 1x ___ \$792 6x

SMALL GROUP TRAINING

60 MINUTES

___ \$99 1 Session

___ \$560 6 Sessions

___ \$1100 12 Sessions

*Max 8 participants; extra fee for the 7th & 8th participant

Registration

Name: _____

Phone#: _____

Address: _____

City: _____ Zip: _____

Male / Female DOB: _____

Email: _____

Do you have a trainer preference?

___ N/A ___ Abby ___ Garrett ___ Harry

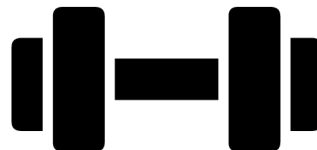
___ Andrew ___ Andrea

___ No Preference

Please Complete Registration with the Member Services Desk



The Y does not allow any personal training / coaching on the Y campus by people who are not employed by the Shasta Family YMCA. Trainers are identified by Y shirts and name tags.



STRONGER TOGETHER

Personal Training at the Y

Personal Training is for EVERYONE!

