

# 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 Clesinger

**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.



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

\_\_\_ \$65 1x    \_\_\_ \$360 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?

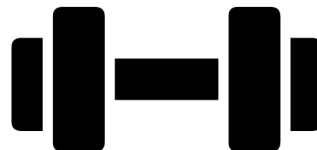
\_\_\_ N/A Abby    \_\_\_ Harry    \_\_\_ Andrea

\_\_\_ Andrew    \_\_\_ 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!

