

# What to Expect During Sessions

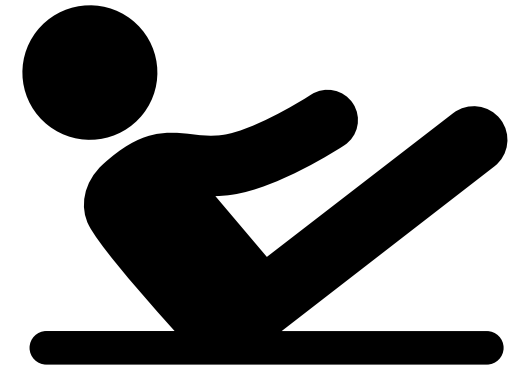
Your first session includes a complimentary 15–20 minute assessment to discuss your goals, movement history, and any injuries or limitations.

Each session is thoughtfully designed around your individual needs and experience level. From building a strong foundation with proper alignment, breath work, and core engagement to progressing into more advanced Pilates movements, this personalized program meets you where you are and supports safe, effective, whole-body strength and mobility.



**Katrina  
Wilke-  
Johnson**

Kathrina is a certified Personal Trainer and Pilates Teacher specializing in functional movement, posture, and musculoskeletal health. She brings extensive experience in Pilates, Gyrotonic, professional dance (B.A.), and training as a state-certified gymnastics teacher in Germany. As part of her M.A. in Coaching, Kathrina conducted her master's thesis research with members of the YMCA community, exploring how Pilates supports self-efficacy, mental resilience, and the mind-body connection. Her approach emphasizes mindful, individualized movement, helping clients move more safely and effectively in everyday life and athletic performance, reconnect with their bodies, improve posture and mobility, and confidently return to physical activity.



This offer is especially well suited for individuals who:

- want to improve posture, mobility, and stability
- are looking to prevent injuries and reduce physical discomfort through individualized training
- want to move more consciously and healthfully in everyday life
- are seeking a deeper connection with their bodies
- have not exercised in some time and want a gentle, safe return to movement
- want to make their training more effective through a better understanding and targeted strengthening of the musculoskeletal system

## Meet the Trainer

# 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#: \_\_\_\_\_

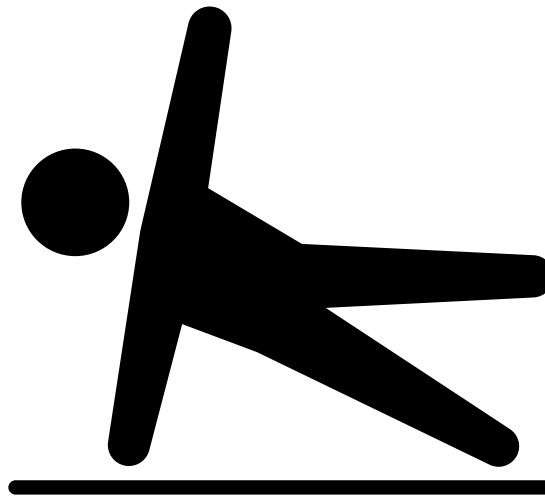
Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Male / Female    DOB: \_\_\_\_\_

Email: \_\_\_\_\_

**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.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TRAINING TOGETHER Pilates at the Y

Pilates is for EVERYONE!

