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 Cleste

[illegible] is an [illegible]SA Certified Personal [illegible], Group Ex and Yoga Instructor, with a [illegible]zation in Pre and Post Natal fitness as well as seniors.

Cassidy Watkins

Cass is a FITOUR-Certified Trainer, specializing in strength training and mobility, with a background in competitive sports and swimming.





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?

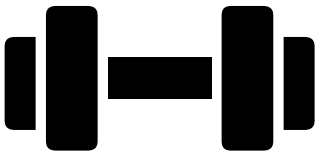
_N/A_Abby _____Harry _____Andrea

_____Andrew _____Cass _____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.



the YMCA

STRONGER TOGETHER

Personal Training at the Y

Personal Training is for EVERYONE!

