



Personal Training

St. Cloud Area Family YMCA | For Youth Development | For Healthy Living | For Social Responsibility | 320.253.2664 | www.scymca.org

MEET YOUR ST. CLOUD YMCA PERSONAL TRAINERS:

All YMCA personal trainers hold national certifications in strength and conditioning as well as, CPR, First AID and AED.

Allan | Trainer

NSCA, MAT
B.S. in Health and Fitness.

Allan is a firm believer in providing his clients with a strong foundation. He will make sure his clients learn the basics and work hard to build upon them. Allan will not only help you reach your goals but will help you blow them out of the water.

Kim | Trainer

W.I.T.S Personal Trainer, SCSU Group Fitness Instructor
B.S. in Kinesiology/ Health & Wellness

Let Kim be the "link in the chain" that helps you reach your fitness goals. Kim has worked with numerous clients in a variety of personal training and clinical settings since 1992. She is an advocate of functional training and building a strong foundation with core stability, free weight and aerobic disciplines.

Laurie | Lead Trainer

ACE PT and Group Ex
B.S. in Community Health

Laurie believes in the philosophy of everything in moderation, work with the body you were given to make it the best body you can, love who you are today. She has an extensive background working with all age ranges and abilities, if you are looking for a trainer to help you push past any plateaus or maintain physical fitness Laurie is the right fit for you.

30 minute PT	
Non Lead	Price Per Session
1- 7 sessions	\$32.00
8-11 sessions	\$31.50
12+ sessions	\$25.00
Lead	Price Per Session
1- 7 sessions	\$35.00
8-11 sessions	\$34.50
12+ sessions	\$30.00

60 minute PT	
Non Lead	Price Per Session
1- 7 sessions	\$44.00
8-11 sessions	\$43.50
12+ sessions	\$35.00
Lead	Price Per Session
1- 7 sessions	\$49.00
8-11 sessions	\$48.50
12+ sessions	\$40.00

60 minute Partner PT	
Non Lead	Price Per Session
1- 7 sessions	\$33.00
8-11 sessions	\$32.50
12+ sessions	\$27.00
Lead	Price Per Session
1- 7 sessions	\$38.00
8-11 sessions	\$37.50
12+ sessions	\$32.00

Group Training, per person, meets 1 x/ wk
Group (3-5 people): \$40/ month

Contact the Health and Wellness Director for more details and to request training.

Sarah Burnell
E: wellness@scymca.org
P: 320-253-2664

\$99

New Client Package

YMCA members NEW to personal training can save more than 45% with this one time offer. Ask any trainer for details.

- 4 one-hour sessions
- Meet one-on-one with a nationally certified YMCA personal Trainer