

# Get Started Right

A **YMCA Membership** gives you access to more classes, better prices, and "The Globes Best Fitness & Wellness Center " for 5 years in a row. We offer our members top of the line equipment and a clean, organized Fitness Center so you can get the most from your workout.

## FREE Fitness Center Orientation

Unsure about where to start? Sign up at the Front Desk for a FREE Fitness Center Orientation. With your Y membership, a certified trainer will show you around the fitness center and teach you how to properly and safely use the equipment.

## Training Plans Tailored To You

Are you looking for a fitness plan that is tailored to your needs, but already have the motivation to work out on your own?

We offer a one time, one-on-one meeting with one of our certified personal trainers to establish your fitness goals and create an individualized exercise program to help you achieve a better, healthier you!

These 2, 3, 4, or 5 day split programs are created with your goals in mind and include check-ins to discuss and assess your progress.

This program also includes a demonstration on how to properly perform the exercises if you need the guidance.

**2 Day Program: \$40, 3 Day Program: \$45,  
4 Day Program: \$50, 5 Day Program: \$55**

**\*these programs are designed to be used for 8-12 weeks**

## Personal Training

Our nationally certified YMCA trainers are here to help take your fitness to the next level, with guided individualized exercise programs to help you achieve and maintain your health and wellness goals. If you are looking for motivation, need help reaching a goal, stuck in a comfort zone, want to learn something new, or are not sure how to utilize the fitness center equipment, let our certified trainers help you.

Everyone's fitness objectives are different. Whether your goal is to lose pounds/inches, gain strength and balance, reduce stress, increase performance, build muscle/tone, or improve your health, our trainers are dedicated to your success using the right mixture of core, balance, plyometric, SAQ, and resistance training concepts.

Set your goal, commit to a training frequency, and allow your trainer to keep you on track with achieving results.

Our personal trainers will schedule a time to meet one-on-one with you for a free consultation to discuss your health and wellness history, perform a fitness assessment, and determine what plan best suites you. This will allow for a positive experience and to help create a comfortable and safe program regardless of your age and ability.

**Your success is our personal trainer's success.**

Contact Trista Jacobs to set up an appointment!  
trista.jacobs@ymcaworthington.org

## Invest in yourself!

Personal training options:

MEMBERS	6	8	12
30 Minutes	\$125	\$170	\$220
45 Minutes	\$175	\$230	\$300
60 Minutes	\$220	\$295	\$380

NONMEMBERS	6	8	12
30 Minutes	\$190	\$250	\$345
45 Minutes	\$235	\$315	\$425
60 Minutes	\$285	\$380	\$505

## Active Teens Strength/ Cardio Training:

Are you or someone you know, **11-13** and would like to use the fitness center? If so, join the Active Teens Class. This class will teach fitness center etiquette, basic programming and proper form to use while exercising in the fitness center or anywhere else.

**Y-member: \$25 per session  
Non-member: \$45 per session**

Worthington Area YMCA & DeGroot Family Center  
1501 Collegeway  
Worthington, MN 56187

# FAQ

## What is the benefit of working with a Personal Trainer?

*Working with a trainer ensures the exercises performed are specific to your goals and executed safely.*

## Do I get charged if I need to cancel/reschedule a session?

*We request that you cancel at the minimum, 12 hours prior to your session(s). Cancellations/rescheduling done prior to twelve hours will not be charged a session.*

## Am I obligated to continue purchasing sessions for the year?

*The YMCA does not continually charge you for personal training sessions, nor do we require you to undergo a "minimum". You can purchase and stop your sessions when ever you like.*

## Is my fitness level high enough to work with a personal trainer?

*Of course! We work with all ability levels. The exercise selection is based on YOUR fitness level to provide an appropriate workout intensity.*

## How many times each week should I meet with a trainer?

*We recommend meeting a minimum of 2 times per week with your trainer.*



# SWIFT Performance Succeed With Integrated Fitness Training

With SWIFT training, young athletes improve their muscle mass, dexterity, agility, and physicality. Athletes will see an improvement in speed while changing direction, learn to jump higher, run faster, and improve other aspects of their game while using their body more efficiently.

Sports Performance training leads to reduced risk of injury and increased endurance. By combining aerobic exercise, strength and conditioning training, and information on insights—this program will help young athletes build a stronger base for athletic development.



# WORTHINGTON AREA YMCA



# Personal Training

For any additional questions or additional information, please call the Worthington YMCA:

**507-376-6197**

Our front desk staff will be able to answer many of your questions.

Contact our Fitness & Wellness Director: Trista Jacobs directly with extension number: 230 or email [trista.jacobs@ymcaworthington.org](mailto:trista.jacobs@ymcaworthington.org)