

# TOP 10

## REASONS TO HIRE A PERSONAL TRAINER

- 1 Motivation and encouragement
- 2 Increase energy level
- 3 Enhance body, mind, and spirit
- 4 Safety & proper execution of exercises
- 5 Injury rehabilitation
- 6 Special needs training
- 7 Improve overall health and fitness
- 8 Sport specific training
- 9 More effective workout
- 10 Individualized instruction



**YMCA of Peterborough**

123 Aylmer Street South, Peterborough

(705) 748-9622



## Personal Training & Nutritional Counseling

at the YMCA



[www.peterboroughymca.org](http://www.peterboroughymca.org)

## Personal Training Options

### One to One Training

|                                    |                  |
|------------------------------------|------------------|
| 1-5 One hour sessions.....         | \$47 per session |
| 6-10 One hour sessions.....        | \$40 per session |
| Non-Members One hour session ..... | \$66 per session |

### Group Training

#### Training of 2 or more individuals at the same time

|                             |                 |
|-----------------------------|-----------------|
| 1-5 One hour sessions.....  | \$35 per person |
| 6-10 One hour sessions..... | \$30 per person |

### 35 Minute Circuit Training

These sessions are high intensity: intermediate/advanced level

|                                       |                  |
|---------------------------------------|------------------|
| 1-5 Thirty-five minute sessions ..... | \$33 per session |
| 6-10 Thirty-Five minute sessions..... | \$27 per session |

## Aquatic Personal Training

If you are recovering from an injury, suffer from joint pain, or have problems with your balance the benefits of resistance in the water is for you.

|                                    |                  |
|------------------------------------|------------------|
| 1-5 One hour sessions.....         | \$47 per session |
| 6-10 One hour sessions.....        | \$40 per session |
| Non-Members One hour session ..... | \$66 per session |

**Buy 10 sessions and get 1 free!**  
All Personal training packages include this option.



## Our Trainers

Do you want to enhance your self confidence, reduce stress and anxiety, have more energy, become stronger, and manage your overall health and wellness? The YMCA is committed to developing your personal health through our Personal Training program. Our facility is equipped with the tools to obtain a greater level of fitness and our professional staff will provide you with direction to energize your life.

Our YMCA Lifestyle Centre team consists of certified Personal Trainers. We are available to answer your questions and set you on the right path to greatness. Each session is customized with you in mind. Our Trainers will use their professional skills to meet your individual fitness needs and preferences. Our qualified team will help get you the results you have been striving for in a fun, motivational environment.

**Personal training sessions must be pre-paid in full. Individual sessions or packages can be purchased. To schedule your initial personal training session please call 748-9642 ext 704.**

Cancellations must be made 24 hours in advance.  
All sessions expire one year from purchase date.



## Nutritional Counseling

Regular physical activity and sensible eating habits are a crucial combination necessary to sculpt your body or maintain proper body weight. Our certified Nutrition Specialists can develop a plan for both youth and adults to maximize your success.

#### Members:

Nutritional Counseling Package

1-60 minute session and 2- 30 minute sessions for \$65

Additional 30 minute sessions are \$25 per session

**For more details please call:**

**748-9642 ext. 704**

**or email: Wesley\_Letsholo@ymca.ca  
to speak with one of our staff.**