

Total Body Training Design

For entry level exercisers looking to organize their total body weight training program and to be able to work out on their own. Also includes a "learn by doing" training session.

Members \$119

TRX Suspension Training

TRX Suspension training was designed to help strengthen all muscle groups in the body. It works well for your rehab, speed and agility training. TRX targets your core during all exercises. If you are looking for a way to tighten the body, cut down body fat and enhance your flexibility TRX is for you! To set up your TRX training sessions please contact Chris Vashon at chrsv@kvymca.org

Available Trainers for TRX

Craig Cameron
Chris Vashon
Feargal Semple
Kim Gagne
Emma Chapin

*Scheduling will be done with your Trainer directly

Cost

Single Person (must be a member to register)

1-30 minute session: \$20

5- 30 minute sessions: \$90

KENNEBEC VALLEY YMCA

Augusta and Manchester

(207) 622-9622

www.kvymca.org



FITNESS CENTER SERVICES

FREE Fitness Center Orientations and/or Consultations

As a member of the Kennebec Valley YMCA, we highly encourage you to schedule your free equipment orientation at our Fitness Centers so you can feel confident that you will be using the cardio and strength training machines safely and effectively. Charts for seat measurements, recommended starting weights and/or reminders on proper form are provided for a safe and effective total body training program.

Our fitness staff are also available to consult with you by appointment to determine the best combination of activities to pursue at the KV YMCA depending on your goals and your health history. We have two pools and offer over 85 FREE group exercise classes a week. This can be overwhelming at first so we would like to spend some time with you to help you sort out what would be best for you and your schedule. Please see our Membership Services Desk or call 622-9622 to schedule an appointment today.

FREE Fitness Assessments

This assessment includes range of motion, upper and lower body strength and cardio vascular health. To schedule your appointment, please call the Personal Training Office at 622-9622, ext. 211.

PLEASE CONTACT SENIOR DIRECTOR OF HEALTHY LIVING CRAIG CAMERON AT 622-9622 EXT 122 OR CRAIG@KVYMCA.ORG FOR INFORMATION ON PERSONAL TRAINING

Interest Lists

We are always looking to offer new and exciting training programs. If you are interested, please contact Craig Cameron at 622-9622 ext 122 or Craig@kvymca.org



ACHIEVE YOUR FITNESS GOALS



PERSONAL TRAINING AND FITNESS CENTER SERVICES

LET'S MEET THE TRAINERS!



CRAIG CAMERON is our **Senior Director of Healthy Living** and is also a Certified Personal Trainer along with certified group ex instructor. (Bootcamp, Kettlebell, TRX, LiveStrong, Circuits, Diabetes Prevention, weight training & more) Craig's outgoing and energetic personality is his key to motivating people to become stronger both inside and out. Craig enjoys working with people to develop and achieve goals.

Craig strongly believes.. "It's never to late to start working toward improving your health and fitness"



KIM GAGNE is a W.I.T.S certified personal trainer and holds certifications in Indoor Cycle, silver sneakers, TRX and aquatic instruction. Kim has extended her offerings to include senior fitness and other specializations (hypertension, osteoporosis, asthma, diabetes and obesity) Whatever your fit level is, Kim is happy to help you reach your goals!



JAMYE MARTIN is a W.I.T.S certified Personal Training and YMCA group ex Instructor. She puts an emphasis on finding a balance between physical exercise and proper nutrition in order to train effectively and live a healthy lifestyle



TRISH HANLEY-GOODWIN has 25 years experience as a career health/fitness professional, has a master's degree in exercise science, is an ACE Certified Personal Trainer and Group Fitness Instructor, and also holds several other specialty group exercise certifications (ISCA, AFPAL, and Lemond Cycling). Hanley-Goodwin loves to inspire people to move in ways that matter and make the most of their workouts, which she

exemplifies through personal training and her "signature" group exercise class, "Masterblast", Saturday mornings at the Manchester Campus.



CHRIS VASHON is a personal trainer and group ex instructor with a goal of helping people achieve a healthier lifestyle. Being an athlete, Chris focuses his success on athletic training such as explosive movements, functional training, weight training and circuit training. Chris also has proven success in group training as an active trainer in the Lose it with the Y Program. Chris is certified through W.I.T.S as well as TRX Suspension Training system.



FEARGAL SEMPLE is our **Healthy Living Outreach Coordinator** along with being a certified personal trainer and Group Ex Instructor. Feargal brings a passion for helping people in his specific programs—Livestrong and Diabetes Prevention. Also certified in TRX Suspension Training, Feargal likes to assist all health levels.

Personal Training

The following fee-related packages include an initial consult, fitness pre-testing, body fat/girth measurements, and program write-ups. To schedule an appointment for the following options or for questions, please call the Personal Training Office at 622-9622, ext. 211.

Half-Hour Coached Workouts

Ideal for those who want to add variety to their workouts and make the most of their limited time. Combining the guidance of a motivational and Inspirational coach with your current fitness routine is way to achieve great results

8 Half-Hour Sessions

Members \$168

15 Half-Hour Sessions

Members \$295

Small Group Training.

Reduce the cost of hiring a personal trainer and enjoy the camaraderie of small group training (2-5 people). Workouts can include cardio, interval training, and/or strength and toning, plus core floor work.

6 One- Hour Sessions

Members \$150 per person



All personal training packages are to be purchased at the Membership Services Desk of either location and are non-refundable unless medical documentation is provided