

LET'S MEET THE TRAINERS!



BRANDON TARDIFF is certified personal trainer and group ex instructor. He specializes in - Circuits, Functional Training, Diabetes Prevention and Weight Training. His passion is helping others work towards their desired goals and guiding them to achieve a healthier lifestyle. Brandon's focus is on modifying a variety of exercises to accommodate all levels of 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! vels of fitness.



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, AFPAT, 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, Healthy Living Coordinator, Chris is certified through W.I.T.S as well as TRX Suspension Training system. is also 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.



FEARGAL SEMPLE is our **Healthy Living Director** 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

KENNEBEC VALLEY YMCA
Augusta and Manchester
(207) 622-9622
www.kvymca.org



ACHIEVE YOUR FITNESS GOALS



**PERSONAL TRAINING
AND
FITNESS CENTER SERVICES**

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 are available to serve as a reminder of form and to record weights.

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. 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.



Personal Training

The following fee-related packages include an initial consult, fitness pre-testing, 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 or email Feargal@kvymca.org.

Half-Hour Coached Workouts

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

Ages 18+ 8 Half-Hour Sessions

Members \$168

15 Half-Hour Sessions

Members \$295

NEW YOUTH RATES

Ages 10-13

6 half hour sessions \$72

Ages 14-17

6 half hour sessions \$90

8 half hour sessions \$120

15 half hour sessions \$225



Must be a member of the KVYMCA to purchase PT & Group training Packages

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.

12 Half-Hour Sessions

2-3 ppl	\$150 per person
4-5 ppl	\$135 per person
6+ ppl	\$120 per person

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 is designed to help strengthen all muscle groups in the body. It works well for 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 chriv@kvymca.org

Cost

Single Person (must be a member to register)

1- half hour session: \$20

5- half hour sessions: \$90

Interest Lists

We are always looking to offer new and exciting training programs. If you have any ideas, please contact Feargal Semple at 622-9622 ext 122 or Feargal@kvymca.org