



TAKE THE NEXT STEP....

If you are feeling like you just can't get motivated and need the extra boost, personal training may be exactly what you need! We can help you get started or get past those plateaus and break into the new you!



Free Assessment

Make an appointment for your assessment by contacting our Wellness Center
315-363-7788 x223



Don't Wait....

Contact one of our

Personal Trainers

today and get started

with your assessment!

Oneida Family YMCA
701 Seneca Street
Oneida, NY 13421
315-363-7788
www.ymcatrivalley.org



Personal Training

Get Fit!

Get Results!

Stay Motivated!

Personal Training that Fits Your Needs

CUSTOMIZED TRAINING FOR YOU

INITIAL ASSESSMENT

Let our fitness professionals give you an assessment. With an initial assessment we can define your baseline and set goals for your future physical fitness needs. Trainers at the Y can help you stay motivated, challenge your body, and give you the power to attain a new level of fitness.

INVEST IN YOUR HEALTH AND RECEIVE THE BENEFITS

- REDUCE STRESS.
- IMPROVE SLEEPING PATTERNS.
- LIVE A HEALTHIER LONGER LIFE.
- ELEVATE YOUR MOOD
- IMPROVE QUALITY OF LIFE
- REDUCE RISK OF DISEASE



PERSONAL TRAINERS AT THE Y...

As personal trainers we are dedicated to helping you reach and maintain your personal fitness goals.

We create a stimulating, energetic environment to motivate you and keep you focused to help you attain your goals. We are passionate about what we do, and take pride in excellent member service.

Single Session:

\$45 per hour

Assessment Package:

\$ 135

Includes the initial Assessment with 3 one on one, 1 hour sessions plus an additional 30 minute session.

*Couples/Partner:

\$60 per hour

*Five (5) Sessions :

\$ 200

Includes the initial Assessment with 5 one on one, 1 hour sessions plus an additional 30 minute session.

MEET THE TRAINERS...

Kimberly Haley

- ISSA Personal Trainer
- US Army Veteran/Medic
- B.S. in Psychology/Sociology
- Specializes in strength, toning and cardio

Julie Reksc

- AFAA Personal Trainer
- Specializes in general toning and High Intensity Interval Training
- Music Education Teacher
- Certified Zumba Instructor



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