



# Personal Training



## 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!

To make an appointment for personal training...

1. Contact the Personal Trainer that best suits your fitness goals and schedule to set up your FREE fitness assessment.
2. All payments are made at the YMCA Front Desk.
3. Provide your Trainer with a receipt of payment for each session or package.
4. Begin your journey to a healthier life!



## Don't Wait....

Contact one of our

Personal Trainers

today and get started

with your assessment!

Rome Family YMCA  
301 W Bloomfield St.  
Rome, NY 13440  
315-336-3500  
[www.ymcatrivalley.org](http://www.ymcatrivalley.org)



## 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

- REDUCED STRESS.
- IMPROVED SLEEPING PATTERNS.
- LIVE A HEALTHIER LONGER LIFE.
- ELEVATE YOUR MOOD
- IMPROVED QUALITY OF LIFE
- REDUCED 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**

**Couples/Partner: \$60 per hour**

**Kick Start Package: \$135**

\* Includes the initial assessment with (3) 1-on-1, 1 hour sessions plus a reassessment

**Five (5) Sessions: \$200**

\*Includes the initial assessment with (5) 1-on-1, 1 hour sessions plus a reassessment

**Ten (10) Sessions: \$380**

\*Includes the initial assessment with (10) 1-on-1, 1 hour sessions plus a reassessment

### MEET THE TRAINERS...

#### Reuben Morgan

- Certified Personal Trainer (NFPT) National Federation of Professional Trainers
- Youth Football Strength and Conditioning Coach

#### Michelle Neverusky

- Certified Personal Trainer (AFAA) American Fitness Aerobic
- Youth Fitness Certification
- Master's in Education
- Ironman finisher 2009

#### Janice Keown

- Certified Exercise Physiologist (ACSM) American College of Sports Medicine
- Bachelor of Science in Kinesiology
- Specializes in general toning, muscular endurance and strength along with HIIT training

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