



PARKVIEW WARSAW YMCA

# PERSONAL TRAINING LET'S GET FIT TOGETHER



## WITH PERSONAL TRAINING AT THE YMCA...

...A HEALTHIER COMMUNITY IS A STRONGER COMMUNITY AND WITH OUR NEW PERSONAL TRAINING PROGRAM, WE CAN GET STRONGER TOGETHER. GETTING STARTED IS EASIER AND MORE AFFORDABLE THAN EVER!

ALL YMCA MEMBERS HAVE ACCESS TO ONE FREE 45-MINUTE PERSONAL TRAINING SESSION WITH A CERTIFIED PERSONAL TRAINER. AFTER THAT, PERSONAL TRAINING SESSIONS ARE AS LOW AS \$15 FOR A 30-MINUTE SESSION, \$22 FOR A 45-MINUTE SESSION, OR \$23 IF YOU SHARE THE HOUR-LONG SESSION WITH SOMEONE YOU KNOW.

# PRICING

## PAY UP FRONT

**7 SESSIONS**  
60 MINUTE SESSIONS

**INDIVIDUAL  
TRAINING**

**\$210 YMCA MEMBERS  
\$245 NON-MEMBERS**

**25 SESSIONS**  
60 MINUTE SESSIONS

**INDIVIDUAL  
TRAINING**

**\$650 YMCA MEMBERS  
\$675 NON-MEMBERS**

7 SESSIONS MUST BE COMPLETED IN 30 DAYS. 25 SESSIONS MUST BE COMPLETED IN 90 DAYS.

## PERSONAL TRAINING PROGRAM DETAILS

YMCA personal training offers a variety of options for getting in shape and feeling healthier and can take place at either of our YMCA facilities.

## WHAT YOU CAN EXPECT

- A thorough assessment of your present physical condition.
- A personal program that might include strength training, lap swimming, sports, walking, biking, running, stepping, jogging, aerobics, treadmill, stretching, or aquatic exercises in shallow or deep water.
- Your certified personal fitness trainer will guide, educate, and motivate you toward reaching your personal goals.

## BODY COMPOSITION TEST

The BIA Body Composition Test accurately measures an individual's body fat percentage. The YMCA fitness staff will use bioelectrical impedance analysis to determine a person's body composition. A four hour food and caffeine fast and no exercise prior to testing is required for accurate results. A computer generated report will be provided.

- PRICE | MEMBER \$10.00 | NON-MEMBER \$20.00
- CUSTOMER LOYALTY PRICE (AFTER INITIAL TEST) | MEMBER \$6.00 | NON-MEMBER \$12.00

## MONTH TO MONTH

**30 MINUTES**

**INDIVIDUAL  
TRAINING**

**\$15 PER SESSION**

**45 MINUTES**

**INDIVIDUAL  
TRAINING**

**\$22 PER SESSION**

**60 MINUTES**

**INDIVIDUAL  
TRAINING**

**\$27 PER SESSION**

**60 MINUTES**

**TRAINING WITH A  
PARTNER**

**\$23 PER SESSION**

\*MINIMUM OF 3 SESSIONS  
A MONTH

**FOR QUESTIONS CONTACT: DAVID ELSNER, PROGRAM COORDINATOR  
AT 574.269.9622 X236 OR DELSNER@KCYMCA.ORG**

# MEET OUR STAFF



## MARK MCQUADE

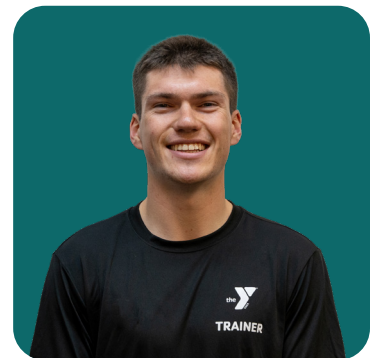
WELLNESS PROGRAM COORDINATOR AND PERSONAL TRAINER  
TRAINS AT THE PARKVIEW WARSAW YMCA AND DOWNTOWN WARSAW YMCA

Mark is an extremely well-rounded personal trainer with a lot of knowledge of how to properly train the human body. He graduated from Grace College with a degree in Exercise Science and has his YMCA Strength and Conditioning certification. Mark also has earned ACE's Personal Training IFT Model certification. He enjoys integrating fitness into everyday life, whether that's through walks, runs, or workouts. Ultimately, Mark uses his knowledge and friendliness to motivate clients toward their goal.

## DAVID ELSNER

WELLNESS PROGRAM COORDINATOR AND PERSONAL TRAINER  
TRAINS AT THE PARKVIEW WARSAW YMCA

David graduated from Grace College with a Master's in Athletic Administration and a Bachelor's degree in Exercise Science. He also holds a Strength and Conditioning and Sports Performance Coaching certification through ACE. David believes that a healthy lifestyle can improve all aspects of life. He enjoys playing and coaching soccer and basketball, implementing functional training, and building relationships with others. David has a passion for helping others reach their goals and loves the opportunity to do so through the YMCA.



## CEDRIC BRENNEMAN

PERSONAL TRAINER  
TRAINS AT THE PARKVIEW WARSAW YMCA

Cedric graduated from Grace College in May 2023 with a degree in exercise science. He also completed the ACE Strength and Conditioning certification through the YMCA. Cedric has a passion for health and fitness in his personal life as well as helping others reach their goals.

## LARRY DIXON

PERSONAL TRAINER  
TRAINS AT THE PARKVIEW WARSAW YMCA

Larry has been into the Health and Fitness Lifestyle for over 35 years. About 4 years ago he received his Personal Training Certification from ACE (American Council on Exercise). He also earned his Nutrition Specialist Certification through ACE. His passion is to help others live a healthy lifestyle and help them see what amazing rewards this lifestyle can give. Larry can help you reach your fitness goals.







**KATHRINE DWYER**  
PERSONAL TRAINER  
TRAINS AT THE PARKVIEW WARSAW YMCA

Kathrine Dwyer is a certified personal trainer and certified nutrition coach through the National Academy of Sports Medicine. She is also a Wellcoaches certified health and well-being coach. Kathrine provides evidence-based strategies and compassionate support to clients looking to improve how they move and feel. She focuses on creating programming that is safe, effective, enjoyable, and appropriately challenging.



**SONJA FUSSLE**  
PERSONAL TRAINER  
TRAINS AT THE PARKVIEW WARSAW YMCA

Sonja is a certified personal trainer through the National Academy of Sports Medicine and is currently pursuing a certification in nutrition. She loves finding fun ways to incorporate movement and exercise into her day, especially outdoors. Some of her hobbies have included rock climbing, hiking, water sports, dancing, and running. She has a passion for healthy living and wants others to experience the joy and fulfillment that a healthy lifestyle brings. She looks forward to helping you reach your fitness goals!



**FAITH LONG**  
PERSONAL TRAINER  
TRAINS AT THE DOWNTOWN WARSAW YMCA

Faith graduated from Grace College and has a degree in exercise science. She is an ACE Nutrition certified personal trainer and she is currently studying to be also an ACE Certified Personal Fitness trainer to help others achieve their fitness and wellness goals. Faith also wants to help people have a healthy relationship with food. She has always been passionate about fitness and seeing it as a privilege. She is excited for her opportunity to work with the YMCA in their pursuit to build healthy spirit, mind, and body for all.



**CYNTHIA LOVE**  
PERSONAL TRAINER  
TRAINS AT THE PARKVIEW WARSAW YMCA AND DOWNTOWN WARSAW YMCA

Cynthia is an ACE certified personal trainer who truly enjoys connecting with clients. Cynthia graduated from George Mason University with a Neuroscience degree, and has her Master's in Psychology from Lynn University. She uses her education to understand the connection between mental health and exercise, as well as the importance of individualized training. Cynthia also has 3+ years of professional experience in fighting and martial arts. Additionally, she enjoys pilates and functional training. Cynthia would love to use her talents and experience to help you reach your health goals!



**KRISTINE NORTON**  
PERSONAL TRAINER  
TRAINS AT THE PARKVIEW WARSAW YMCA AND DOWNTOWN WARSAW YMCA

Kristine graduated from Purdue University and earned her Personal Training and Nutrition Certification through NASM and is working towards a Stretching and Flexibility Coaching specialization. Her passion for exercise and health began in her teens and she believes that the benefits of building a strong and healthy body through exercise and proper nutrition not only affect mental and physical health but also build personal confidence and well-being. Kristine enjoys an active lifestyle with family and is excited to share her love for movement and strength building with clients through personal training!

**ISABELLE RITTER**  
PERSONAL TRAINER  
TRAINS AT THE PARKVIEW WARSAW YMCA

Isabelle is a certified personal trainer through NASM as well as a certified holistic health coach. She is incredibly passionate about all things health and fitness. Her passion for fitness started as a teenager because of a health complication that led her to fall in love with the burn and the emotions of a good workout. She believes that movement and healthy eating will do wonders for mental and physical health, and hopes that she can help her clients feel that same incredible feeling!



**TARA ROBINSON**  
PERSONAL TRAINER  
TRAINS AT THE PARKVIEW WARSAW YMCA

Tara received her masters in Exercise and Sports Medicine from W.M.U. and has worked with a variety of high school and professional athletic teams. Tara also received her strength and conditioning certification while in grad school and uses this in the rehabilitation process for athletic injuries. Tara enjoys working out herself and loves using her knowledge to help her clients reach their goals.



PARKVIEW WARSAW YMCA

# PERSONAL TRAINING DEMO

We are excited that you have chosen to experience YMCA Personal Training through our demo session. During our Demo Session a Certified Personal Trainer will:

- Introduce you to the YMCA Personal Training Program
- Work with you to explore your fitness goals
- Provide support and motivation throughout your Personal Training Demo Session
- Take you through a personalized exercise session
- Suggest resources, classes and activities that can help to support you in a lifetime of health and fitness

What to Expect

- Demo Sessions will last 45 minutes
- Wear workout shoes and exercise clothes

**FOR QUESTIONS CONTACT:** David Elsner at 574.269.9622 x236 or [delsner@kcymca.org](mailto:delsner@kcymca.org)



**INSTRUCTIONS: FILL OUT THE FOLLOWING INFORMATION SO THAT A YMCA STAFF MEMBER CAN CONTACT YOU PROMPTLY USING COMMUNICATION OF YOUR CHOICE.**

YOUR NAME \_\_\_\_\_

DATE \_\_\_\_\_

TRAINER GENDER PREFERENCE \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

WHAT IS THE BEST WAY TO CONTACT YOU? ( EMAIL / TEXT / CALL )

**SELECT YOUR PREFERRED DEMO SESSION DAY, TIME, AND TRAINER (YOU MAY CHOOSE MORE THAN ONE OPTION). ONCE THIS FORM IS PROCESSED, ONE OF THE PERSONAL TRAINERS WILL REACH OUT TO YOU TO CONFIRM THE DATE AND TIME OF YOUR DEMO.**

- MONDAY | 1:00 PM | DAVID ELSNER
- TUESDAY | 9:00 AM | CEDRIC BRENNEMAN
- THURSDAY | 4:00 PM | ISABELLE RITTER



DOWNTOWN WARSAW YMCA

# PERSONAL TRAINING DEMO

We are excited that you have chosen to experience YMCA Personal Training through our demo session. During our Demo Session a Certified Personal Trainer will:

- Introduce you to the YMCA Personal Training Program
- Work with you to explore your fitness goals
- Provide support and motivation throughout your Personal Training Demo Session
- Take you through a personalized exercise session
- Suggest resources, classes and activities that can help to support you in a lifetime of health and fitness

What to Expect

- Demo Sessions will last 45 minutes
- Wear workout shoes and exercise clothes

**FOR QUESTIONS CONTACT:** David Elsner at 574.269.9622 x236 or [delsner@kcymca.org](mailto:delsner@kcymca.org)



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YOUR NAME \_\_\_\_\_

DATE \_\_\_\_\_

TRAINER GENDER PREFERENCE \_\_\_\_\_

PHONE \_\_\_\_\_

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BACON IPSUM DOLOR AMET TURDUCKEN