



KOSCIUSKO COMMUNITY YMCA

# KOSCIUSKO COMMUNITY YMCA PERSONAL TRAINING



## **STRONGER TOGETHER: PERSONAL TRAINING AT THE YMCA**

Achieve your best self with personal training at the YMCA! A healthier community is a stronger community, and together we can make it happen. Our enhanced personal training program makes it easier and more affordable than ever to reach your fitness goals.

YMCA members can kick-start their journey with one complimentary 45-minute session with a Certified Personal Trainer. After that, we offer affordable options to fit your schedule and budget: 45-minute sessions are just \$24, and hour-long sessions are only \$25 when you train with a friend.

**Exciting news—online personal training will be available soon, giving you even more flexibility to work toward your goals from anywhere!**

Take the first step toward a stronger, healthier you—let's grow stronger together!

# PRICING

## PAY UP FRONT

**7 SESSIONS**  
60 MINUTE SESSIONS

**INDIVIDUAL  
TRAINING**

**\$235 YMCA MEMBERS  
\$275 NON-MEMBERS**

**25 SESSIONS**  
60 MINUTE SESSIONS

**INDIVIDUAL  
TRAINING**

**\$700 YMCA MEMBERS  
\$750 NON-MEMBERS**

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

## PERSONAL TRAINING PROGRAM DETAILS

At the YMCA, our personal training program offers a variety of options to help you get in shape, feel healthier, and achieve your fitness goals. Training sessions are available at both the Parkview Warsaw and Downtown Warsaw YMCA locations.

## WHAT YOU CAN EXPECT

- A thorough assessment of your current physical condition.
- A personalized fitness plan tailored to your goals, which may include strength training, lap swimming, sports, walking, biking, running, stepping, jogging, aerobics, treadmill exercises, stretching, or aquatic exercises in shallow or deep water.
- Guidance, education, and motivation from a certified personal fitness trainer dedicated to helping you succeed.

## EXCLUSIVE MEMBER BENEFITS:

- YMCA members can enjoy a free 45-minute demo personal training session with a certified personal trainer at either location.
- Flexible package options: choose from as few as 3 sessions per month or up to 16 sessions per month to suit your schedule and fitness needs.

## BODY COMPOSITION TEST:

Discover what your body is made of with our BIA Body Composition Test at the YMCA! This quick, non-invasive test measures fat, muscle, water, and bone density, giving you personalized insights to fuel your fitness journey. Led by a certified trainer, you'll receive a detailed report to see your results. Just follow simple prep guidelines and sign up today—online or at the front desk!

Pricing: Members: \$15 | Non-Members: \$25

Customer Loyalty Price (after initial test): Members: \$12 | Non-Members: \$22

## MONTH TO MONTH

**45 MINUTES**

**INDIVIDUAL  
TRAINING**

**\$24 PER SESSION**

**60 MINUTES**

**INDIVIDUAL  
TRAINING**

**\$30 PER SESSION**

**60 MINUTES**

**TRAINING WITH A  
PARTNER**

**\$25 PER SESSION**

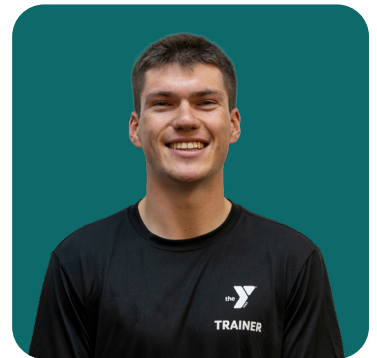
\*MINIMUM OF 3 SESSIONS  
A MONTH

**REGISTER FOR PERSONAL TRAINING ONLINE OR IN-PERSON.  
FOR MORE INFORMATION, CONTACT DAVID ELSNER, PROGRAM COORDINATOR,  
AT 574.269.9622 X236 OR DELSNER@KCYMCA.ORG.**

# MEET OUR STAFF

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

David holds a Master's degree in Athletic Administration and a Bachelor's degree in Exercise Science from Grace College. Certified in Strength and Conditioning and as a Sports Performance Coach through ACE, as well as a Registered Athletic Administrator (NIAAA), David brings organization and passion to his role. David's leadership philosophy focuses on advocating for his trainers and members while fostering a supportive and welcoming environment. He is dedicated to serving the community through the YMCA's core values and helping every member achieve their fitness 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 DOWNTOWN 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 FUSSE**  
PERSONAL TRAINER  
TRAINS AT THE PARKVIEW WARSAW YMCA AND DOWNTOWN 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!



## ROSANNA LATHAM

PERSONAL TRAINER

TRAINS AT THE PARKVIEW WARSAW YMCA AND DOWNTOWN WARSAW YMCA

Rossana is certified as a CPT through NASM, she is committed to empowering her clients to achieve their fitness goals. Fitness has been transformative in Rossana's life, helping her overcome depression, hypertension, and other challenges while improving her confidence, balance, and overall well-being. She prioritizes her health to stay active and enjoy life with her son. Rossana is passionate about helping her clients unlock their full potential and transform their lives through fitness!



## FAITH LONG

PERSONAL TRAINER

TRAINS AT THE PARKVIEW WARSAW YMCA AND 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!

## ELIJAH MOORE

PERSONAL TRAINER

TRAINS AT THE PARKVIEW WARSAW YMCA AND DOWNTOWN WARSAW YMCA

Elijah graduated with a Bachelor's degree in Exercise Science from Grace College while specializing in Fitness and Nutrition. He holds a YMCA Strength and Conditioning certification through ACE. Elijah is known for his personable approach and loves connecting with others about fitness. He enjoys an active lifestyle, participating in golf, hiking, biking, and pickleball, while focusing on strength training. Elijah believes in building lifelong habits through strength training to stay healthy as he ages. He is dedicated to helping clients achieve their fitness goals in a motivating environment.



**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

# 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.**

TUESDAY | 9:00 AM | ISABELLE RITTER

WEDNESDAY | 1:00 PM | DAVID ELSNER

FRIDAY | 10:00 AM | SONJA FUSSLE



DOWNTOWN WARSAW YMCA

# 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 \_\_\_\_\_

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.**

- MONDAYS | 10:30AM | SONJA FUSSLE
- TUESDAYS | 4:15PM | CYNTHIA LOVE
- WEDNESDAYS | 4:15PM | FAITH LONG