

MAKING AN APPOINTMENT

Our personal trainers are available by appointment.

PERSONAL TRAINING RATES

1 Session: \$35/hour for members
\$50/hour for non-members

6 Sessions: \$199 (5% savings, members only)

Member/Non-Member Partner

Split the cost, work out with a friend or relative. The cost is \$50 for both. Non-Members must purchase a day pass to use the fitness center when not working with a trainer.

Thank you to our Platinum Sponsors:

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MOVEMENT FOR LIFE

FITNESS CENTER &
PERSONAL TRAINING
ORRVILLE YMCA



ORRVILLE YMCA

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A Partner Agency



WHY DO YOU NEED A PERSONAL TRAINER?

- Are you interested in starting an exercise program?
- Do you currently exercise but are not seeing results?
- Are you bored with your current program?
- Have you hit a plateau?
- Are you training for a specific goal or event?
- Perhaps you don't like exercise or just don't have the time even though you know you should get started.

If you fit any of these situations, then working with one of our nationally certified Personal Trainers may be for you! You can:

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Relieve workout boredom with a fresh approach.

.....
Break out of your fitness plateau with a challenge.

.....
Reduce the risk of injury by learning proper techniques.

.....
Stay motivated and committed to your fitness program.

.....
Train specifically for your goals.

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Our personal trainers will get you started on a safe and effective fitness program that is specifically designed for your needs, limitations and goals. They will provide motivation, encouragement, accountability and accurate health and fitness information. Take the first step to achieving your goals today! For more information, inquire at the front desk.

MEET OUR PERSONAL TRAINERS

Deborah Schar

Deborah is an Orrville native, and graduated from Orrville High School. She is the mother of two teenage daughters, and is a personal trainer through NCSF (National Council on Strength and Fitness). Exercise has been an important part of her life, and is a firm believer that exercise improves all aspects of life.



FITNESS CENTER

Our Fitness Centers are open during all building hours. Free for members (12 and older). Non-members must purchase a day pass. 10 to 12 year olds may use the cardio area, after having an orientation. 12 to 18 year olds may use the weight area after an orientation. No guests under 10 years old.

**The YMCA serves all ages,
abilities, incomes and faiths.**

FITNESS ASSESSMENTS

Free to all members

Fitness Assessments can be a valuable tool to measure progress or evaluate areas that may be lacking from your exercise program. The cardio-respiratory system, body composition, flexibility and muscle strength & endurance can be tested.

It includes height, weight, body fat % (BEI), 3 minute step test, sit & reach test, push up or bench press test, half sit-ups.

To schedule an assessment, sign up is located in the Fitness Center.

ORIENTATIONS

A Fitness Specialist will guide you through the proper use of the strength and cardio machines. They will also explain the three essential parts to a complete exercise program. Inquire at the Front Desk to set up an appointment.