

FITNESS ASSESSMENTS

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.

- Body Composition (15 min.) Hand-held BEI: \$5
- Baseline Assessment (1/2 hr.): \$15 Includes resting heart rate, height, weight, body fat % (BEI), sit & reach
- Full Assessment (1hr.): \$25 Includes height, weight, body fat % (BEI), 3 minute step test, sit & reach test, bench press test, trunk curls test.

To schedule an assessment, inquire at the front desk.

FITNESS CENTER

Our Fitness Centers are open during all building hours. Free for members (13 and older); \$6 for Non-members (18 and older only).

ORIENTATIONS

Mem: FREE Non-Member: \$15

A Fitness Specialist will guide you through the basic components of a safe and effective workout utilizing our Fitness Center. Inquire at the Front Desk to set up an appointment.

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Fitness Center & Personal Training



Orrville YMCA

1801 Smucker Road
Orrville, OH 44667
330-683-2153
330-683-0068-fax

Dalton YMCA

100 N. Kurzen Road
Dalton, OH 44618
330-682-1033
330-682-0066-fax

Email:

info.ymca@zoominternet.net

Website:

www.orrville-dalton-ymca.org



WE BUILD STRONG KIDS, STRONG FAMILIES, STRONG COMMUNITIES



A Partner Agency

MEET OUR PERSONAL TRAINERS

WHY DO YOU NEED A PERSONAL TRAINER?

Are you interested in starting an exercise program? Do you currently exercise but are not seeing results? Maybe you are bored with your current program, have hit a plateau or have special needs. Perhaps you don't like exercise or just don't have the time even though you know you should get started.

By working with one of our nationally certified Personal Trainers, you can:

- 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.

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.....

Patty Smith is certified as a Personal Trainer through the American College of Sports Medicine and the YMCA. Other certifications include YMCA Pilates, YMCA Group Instructor, Cycle Reebok, Yoga Fit and Aquatic Exercise Association Instructor. Patty has degrees from Kent State University and Ohio State University. Patty can offer specialized training in yoga and pilates as well as customized sessions of cardio and resistance training. She is available at the Orrville and Dalton facilities by appointment.



Holly Spurlock is an ACE (American Council on Exercise) certified personal trainer. She holds many other certifications, including YMCA Group Instructor, Strength and Conditioning, Silver Sneakers® Instructor and the Aquatics Exercise Association. She also holds an Associates degree in Business Management from the University of Akron. Contact Holly at the Orrville YMCA for an appointment.



Aaron Spurlock is an ACE (American Council on Exercise) certified personal trainer. He is currently pursuing a degree in exercise science and physical therapy at the University of Akron at Wayne. He holds a certification in YMCA Strength and Conditioning along with his ACE certification. Aaron is available by appointment at the Orrville or Dalton YMCA.



Katie Gerber is the latest addition to the Orrville/Dalton YMCA personal training team. She is certified through the American College of Sports Medicine and has a B.A. from Indiana University of Pennsylvania. Her professional experience includes YMCA certifications in Cycling, Step, Strength and Conditioning, and Zumba. She has taught fitness classes for over two years. She knows firsthand what it means to battle with weight issues and the struggle to make time for exercise. It is a battle worth the effort. Let Katie's passion and experience help you to change your life to become the energetic person you were born to be. She is available through the Dalton YMCA by appointment only.



Member Personal Training Rates

Session Plan	Member	Non-Member
1	\$32/hour	\$35/hour
5	\$145 (29/visit)	\$160 (\$32 per visit)
10	\$270 (27/visit)	\$300 (\$30 per visit)

Member Partner Training Rates

Session Plan	Member	Non-Member
1	\$40/hour	\$46/hour
5	\$185 (\$37/visit)	\$220 (\$44/visit)
10	\$360 (\$36/visit)	\$420 (\$42/visit)

Member/Non-Member Partner Training Rates

Session Plan	
1	\$43
5	\$200(40/visit)
10	\$380 (38/visit)

Small Group Training Rates

Member Monthly Rates

2 X/week	\$48 (6/visit)
3 X/week	\$60 (5/visit)

Non-Member Monthly Rates

2 X/week	\$64 (8/visit)
3 X/week	\$84 (7/visit)

Small groups of four to eight people led by a certified personal trainer in a group setting such as the fitness center, pool, gym or studio. Monthly rates only, 2x per week = 8 visits, 3X per week=12 visits. All small group training includes beginning and ending BMI, height, weight, and waist/hip ratio. If a complete Fitness Assessment is preferred, that is an additional cost and meeting time. The personal trainer determines the exercise prescription based on participants' input.

Monthly Member Rates in a Small Group Training

Two times per week	\$48 (\$6 per session)
Three times per week	\$60 (\$5 per session)

Monthly Non-Member Rates for a Small Group Training

Two times per week	\$64 (\$8 per session)
Three times per week	\$84 (\$7 per session)