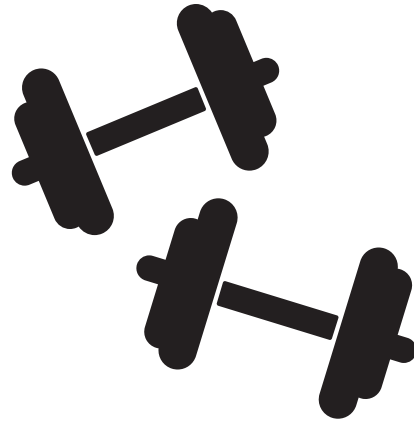


BENEFITS OF PERSONAL TRAINING

- **Helps you safely begin and maintain an effective exercise program.**
- **Develop an exercise program designed according to your personal health history, needs, limitations and goals.**
- **Provides motivation, encouragement and accountability to your exercise program.**
- **Serves as a resource for objective and accurate health and fitness information.**
- **Helps you fit exercise into your busy schedule to make the most efficient use of your time.**
- **Provides results-based training.**

OUR PHILOSOPHY IS SIMPLE

We believe in health and well-being for everyone. We are here for you; to help you grow in mind, body and spirit. Our personal trainers will coach, motivate and inspire you to reach your goals. At the Y, you will be part of a welcoming and nurturing environment where together we will achieve the results you have always wanted.



WILSON FAMILY YMCA

3436 Airport Blvd.
Wilson NC 27896
P 252.291.9622
wilsonymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU LIVE BETTER

Personal Training
WILSON FAMILY YMCA



MEET OUR PERSONAL TRAINERS

Our trainers have diverse backgrounds and various areas of focus. Below are short bios on each of our trainers so you may decide who would best fit **your** needs.

Louise Dillard



Louise is the Personal Training Supervisor and has been with the Y for over 10 years. She has a Master's Degree in Exercise Science, an ACSM certification as a Clinical Exercise Physiologist and is a certified personal trainer through ACE. Louise was previously an Exercise Leader/Program Director in Cardiac Rehab. She is also a Master Trainer for post-rehab individuals.

Chris Kilpatrick



Chris has been a personal trainer for over 19 years. He is IFTA certified and an expert in flexibility training and kick boxing. Chris has a unique approach to personal training, which includes functional, core and sports specific training.

Elizabeth White



Elizabeth is an IFBB professional figure competitor/athlete and has been working in the Fitness Industry for 22 years.

She has a BS in Health and Sports Science from ECU. She specializes in conditioning, bodybuilding and weight loss. She is a trainer/coach for bodybuilding, physique and figure competition. She is sponsored by NutraClipse

and National Discount Nutrition. She is also a rep for Silver Back Krew Fitness/Bodybuilding clothing line.

Isiah "Rock" McArn



Rock has been a certified Personal Trainer for over 7 years and has been involved in personal training for over 25 years. He is IFTA certified.

Rock uses functional and body weight training, similar to P90X and CrossFit.

Kenneth Richardson



Kenneth has been in the Personal Training business for 32 years. He received his education from Thompson Education Direct. Kenneth is

an "old school" trainer.

Tracy Blair



Tracy is an ACE certified Personal Trainer. She is also a certified group fitness, indoor cycling and barre instructor.

Tracy was a former fitness club manager and instructor. She works to strengthen your body's kinetic chain towards achieving improved active daily living.

Nancy Stocks



Nancy is an IFTA certified Personal Trainer and NASM Womens Fitness Specialist. An instructor of over 14 years, she is certified in

TRX, Kettlebell and cycling. She is a licensed Massage Therapist and trains utilizing TRX, weights and body weight. She also trained Craig Arrington for NBC's Biggest Loser (2014).

Sue McGrath



Sue has 20+ years experience in the Fitness Industry, is a Certified Personal Trainer and Certified Group Fitness Instructor. Sue's certifications include AFAA, Mad Dogg Spinning and TRX. Her passion is to lead and encourage each of her clients towards achieving success in reaching their personal fitness goals. Sue believes getting healthy & fit should be fun.

PERSONAL TRAINING PRICING

Sessions are one hour in length and are also available to the general public (for \$50 per session). Visit the front desk to purchase your personal training sessions.

| Package | Y Member | Non-Member |
|-------------|----------|------------|
| 1 Session | \$35 | \$50 |
| 5 Sessions | \$160 | \$240 |
| 10 Sessions | \$300 | \$450 |
| 20 Sessions | \$600 | \$750 |
| 30 Sessions | \$900 | \$1,050 |

PERSONAL TRAINING POLICIES

- Clients are asked to give 24 hours advance notice for cancellation of a scheduled session. You will be charged for sessions with less than 24 hours notice unless there is an emergency.
- Personal training packages expire one year from the date of purchase. You may transfer visits to another member or switch to another trainer before the expiration date. Refunds may be given in case of relocation or illness.