



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



FIND A

PERSONAL TRAINER

TODAY!

**BREEZE THROUGH YOUR GOALS WITH
TARGETED WORKOUTS.**

Fitness Trainers will create programs specifically for you
and guide you through your daily regimen.

MEET OUR TRAINERS

KATHY SOLANO Expert Rating Certified PT

katsolano@gmail.com



Other Certifications:

- Zumba, Mixfit, Queenax

Specialty or Focus:

- All Levels of Fitness Incl. Beginners & Seniors
- Form & Technique
- Strength / Muscle Building

My name is Kathy Solano, I've had the pleasure of being a YMCA Trainer for over 4 years. I currently teach a variety of group fitness classes including Bootcamp, HIIT, Queenax/ Suspension Training, Circuit/Interval Training, Dance formats and several formats for senior members. I have been called the jack-of-all-trades because I have the skill set to work with those beginning their health and fitness journey to those that are more advanced looking for a challenge. I am a strong believer in weight training and cross training and specialize in correct form and technique. In addition to working with beginners, seniors and the conditioned populations, I also enjoy teaching weight training and promoting healthy lifestyles to preteens/teen athletes. I am a firm believer that when it comes to nutrition there is beauty in simplicity.

Availability: Flexible

Location: CHASCO & Hutto

JULIE TALKINGTON ISSA Certified PT

julie.talkington@gmail.com



Other Certifications:

- IIN Certified Health Coach
- AFAA Group Fitness
- TRX, Barre, and Spin
- Les Mills RPM
- Queenax

Specialty or Focus:

- To help others with sustainable lifestyle and behavior changes to achieve their fitness goals.

Julie Talkington is a certified Health Coach and Fitness Trainer. She has been helping people improve their lives through better health, wellness, and fitness for over 18 years. Her goal is to help people make sustainable lifestyle and behavior changes. She has been working at the Chasco Family YMCA since 2004. Julie works with clients individually and in groups. She teaches different formats of classes including Les Mills RPM, TRX, and various strength interval style classes. Julie is passionate about helping others reach their goals!

Availability: Flexible

Location: CHASCO Only

NADYA WATSON AFAA Certified PT

nadya.watson@gmail.com



Other Certifications:

- AFAA Group Fitness
- LesMills BodyPump
- LesMills Body ombat
- LesMills CXWorx

Specialty or Focus:

- Power Lifting
- Cross Training
- CrossFit
- HIIT

Nadya Watson is AFAA Certified Personal Trainer, Group Fitness Instructor, Les Mills Body Pump, Body Combat, CXWORX and Silver Sneakers instructor. Fitness is her passion and she is devoted to helping people push towards their goals, get stronger, & transform their lives. Constantly researching current industry information and integrating powerlifting, cross training and HIIT in both her workouts and her trainer routine helps her and her clients achieve their best.

Availability: Flexible

Location: CHASCO Only

KATE DESMOREAUX ACSM Exercise Physiologist

kateyell@aol.com



Other Certifications:

- MBA Exercise Physiology
- NATA Athletic Trainer

Specialty or Focus:

- Senior Population
- Rehabilitation Exercises
- Metabolic Repair / Fat Loss

Kate Desmoreaux has her Master's degree in Exercise Physiology from LSU. She is a certified ACSM Exercise Specialist, NATA certified Athletic Trainer, and is TRX certified. Her passion is serving people through fitness and rehabilitation. She specializes in the senior population, rehabilitation therapy, proper form and technique in weight training, and metabolic repair/fat loss. She enjoys lifting weights and furthering her education in exercise and nutrition.

Availability: Weekdays 5am – 1pm

Location: CHASCO Only

JANE METCALF NASM Certified PT

jac345@gmail.com



Other Certifications:

- TRX

Specialty or Focus:

- Beginners & Post-Partum

Jane Metcalf came to fitness as her second career with a BA in political science and a personal training certification from NASM. She loves helping people with their aches and pains by addressing muscle imbalances, movement patterns and loading technique. She trains her clients using a variety of modalities including the TRX straps and the barbel, with a focus on core and glute training. Clients that make a great fit are those seeking to make lifelong changes to get stronger and move better, rather than those pursuing weight loss goals.

Availability: Flexible

Location: Hutto Only

JENN MILLER ACSM Certified PT

jennmiller48@gmail.com



Specialty or Focus:

- Barbell Training
- Athletic Training
- Nutrition

Jenn Miller is an ACSM Personal Trainer and has a focus on athletic training and conditioning through weightlifting and nutrition. She has a passion for helping individuals achieve their health and fitness goals through healthy lifestyle coaching. Jenn is currently working towards a certification in nutrition and is enrolled in the Starting Strength Program to earn her Starting Strength Coaching Certification. She also has a particular interest in plant based eating and healing. Jenn currently teaches Barbell Basics, Men's Barbell Basics, HIIT, and BOSU HIIT.

Availability: Flexible

Location: CHASCO & Hutto

ANGIE SANTARELLI NFPT Certified PT

angiesantarelli@yahoo.com



Other Certifications:

- LesMills BODYPUMP
- LesMills RPM
- TRX

Specialty or Focus:

- Training for Endurance
- Runners / Tri-athletes
- Functional Training
- Cancer Survivors / Special Populations

Angie Santarelli is a Certified Personal Trainer, Group Fitness Instructor and Livestrong Coach with over 15 years of experience. Angie teaches a variety of classes such as TRX, Body Pump, RPM and Bootcamp. She also has a passion for functional training to improve strength, stability and mobility of clients. Whether you are a Cancer Survivor, new to fitness or even an Ironman she has the knowledge and dedication to help you achieve your goals.

Availability: Morning-Midday, Mon-Fri

Location: CHASCO & Hutto

SET UP YOUR SESSION

STEP

1

Choose your trainer or set up a free personal training consultation with a trainer to determine who might be a good fit for your personal goals. You can also reach out to a trainer via email to schedule your free consult to determine a time and day to meet if an immediate availability is not observed on the schedule.

STEP

2

Purchase your personal training package at the member services desk. If you have not chosen a trainer at this point then a trainer will be assigned to you. Please allow 48 hours for the trainer to reach out and schedule the free consultation. Note: A registration form must be filled out each and every time personal training packages are purchased, complete with trainer name.

Not comfortable with your trainer? Have questions about how to get started?
Contact Terian at tszymczak@ymcagwc.org or Jenn at rrfitness@ymcagwc.org

PRICING

SESSION TYPE	YMCA MEMBER	NON-MEMBER
30 Minute Session	\$26.00	\$46.00
1 Session (50 min)	\$52.00	\$72.00
4 Sessions (50 min)	\$180.00	\$280.00
6 Sessions (50 min)	\$255.00	\$365.00
12 Sessions (50 min)	\$458.00	\$568.00
1 Buddy Training Session (60 min)	\$60.00	\$80.00
4 Buddy Training Session (60 min)	\$220.00	N/A
LesMills Technique Session	\$30.00	N/A
Senior Fitness Evaluation (30 min)	\$23.00	\$53.00

POLICIES

Cancellation Policy: Personal trainers must contact his/her clients within 24 hours to cancel or reschedule the appointment. Missed appointments without prior contact will be reimbursed to the client. Members must cancel their appointment within 24 hours or may still be charged for the missed session. We understand that emergencies happen and will take that into consideration. Personal trainers must wait a minimum of 10 minutes for the client to arrive for their scheduled session. After this time frame, personal trainers are not obligated to stay and the client will be charged for the session.

Transfer Policy: Unused sessions may be transferred to another member to be used. Personal trainers may transfer a contract with a client if the personal trainer is not comfortable with the client or the personal trainer believes that the client's needs exceeds his/her qualifications.

Proper Workout Attire: Loose fitting/comfortable workout clothing, closed toe tennis shoes/sneaker, water bottle, and a towel.