



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

CHANCE WILLOZ Certified Personal Trainer
chance.willoz@gmail.com



SPECIALTY OR FOCUS:

- All Levels of Fitness
- Form & Technique
- Strength / Muscle Building

My name is Chance Willoz and I have been a trainer at our Twin Lakes location for over 3 years. When I first became a member I was overweight and had no energy. With a great Y fitness staff, focus on fitness, and my nutrition I got my life back in order. Now I enjoy helping others on their fitness journey! It doesn't matter if you're a new mom, someone just starting out, someone that's been going to the gym for years, or retired. I will push you as far as you're willing to go. I love getting people outside of their comfort zone by incorporating cycling, weightlifting, interval, and endurance training.

MARNE LITTON Certified Personal Trainer
tlfitness@ymcagwc.org



OTHER CERTIFICATIONS

- R.I.P.P.E.D.
- Queenax Functional Training
- Queenax Small Group

SPECIALTY OR FOCUS:

- Pre-Natal & Post-Natal Workouts
- Strength Training & Power Lifting
- Functional Fitness
- HIIT & Metcon Training
- Spin

My name is Marne Litton and I have been both a Personal Trainer and Group Fitness Instructor at the YMCA for 5 years. I have competed in over 20 races from half marathons to Olympic distance triathlons. However I found my calling when I started doing CrossFit and really lifting weights right after having my first baby. I enjoy instructing people of all ages and have a specialty in pre-natal and moms who want to get their bodies back! I have 3 kids and have lost over 40lbs each and every time afterwards. I have also trained men to prepare for going back overseas and to pass the physically demanding sheriff's test. I have trained amputees and special needs children as well as adults. If you are willing to work hard to get results I want to work with you!

SHARON ZAMBRISKI-COOPER Certified Personal Trainer
sharon.yoga@gmail.com



OTHER CERTIFICATIONS

- Nutrition
- Yoga/Meditation
- Yoga for Recovery

SPECIALTY OR FOCUS:

- All Levels of Fitness
- Cancer Survivors
- Rehabilitation
- Flexibility & Balance

Sharon Zambriski-Cooper has 14 Plus years of experience as a Results Fitness Coach. Her diversified training and certifications provide her skills to train/coach in; whole-body conditioning, strength building, flexibility, stability, balance, core strength, and nutritional support. Because of Sharon's years of experience, and understanding that every individual is unique, her clients sessions are customized allowing them to experience measurable results.

The ideal client for Sharon is someone who is looking to take their current level of fitness, flexibility, and strength to the next level one day at a time, to live a vibrant energetic lifestyle.

JANA SEITZ AFAA Certified Personal Trainer
janadseitz@gmail.com



SPECIALTY OR FOCUS:

- Small Group Circuit Training
- HIIT
- TRX

I am a fitness fanatic and enjoy working with all age groups whether it be a small group session or personal training. My favorite workouts include TRX, HIIT and strength training. My passion is helping others build confidence and strength while reaching their goals. Get ready to have fun with me on the road to a healthier and stronger you!

JAMIE JOHNSON NASM Certified Personal Trainer

jejohnson626@hotmail.com



SPECIALTY OR FOCUS:

- Group Training
- Bootcamp
- HIIT
- TRX

My name is Jaime Johnson, a NASM Certified Personal Trainer. I became interested in Personal Training after realizing how great exercise made me feel. I enjoy educating others on fitness and helping them feel better about themselves. It makes me happy when someone comes up to me and tells me that they've reached their goals or they've overcome some obstacle. I enjoy working with people of all ages. I specialize in senior strength training, family fitness, strength training basic and TRX.

JUDY HENDRICKS ACE Certified Personal Trainer

judy.hendricks60@gmail.com



My name is Judy Hendricks. I am an ACE certified personal trainer with 18 years of experience. It's really encouraging to see clients get excited when they start seeing results whether it is taking off a few pounds, losing a few inches or just adapting a healthier life style. I love working with children as well as older clients. My own personal experience over the years includes running, competing in 5K's and a few triathlons, teaching water aerobics, and group classes. I would love to assist you in reaching your goals!

TRACY CHAVEZ DELL NASM Certified Personal Trainer

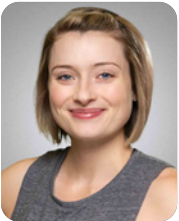
blissfulmiss@hotmail.com



My name is Tracy Chavez Dell and I've had the pleasure of being a Twin Lakes YMCA Trainer for over 3 years. I teach group fitness classes including R.I.P.P.E.D., Cycle X, and Small Group Strength Training in the gym. I hold my Personal Training Certification through the National Academy of Sports Medicine. As a personal trainer, I am very enthusiastic about meeting you right where you are in your fitness journey and providing personalized support to help you reach your goals. I have experience working with all ages; from beginners to advanced. My specialties include, but are not limited to bodyweight strength training and calisthenics, core, weight lifting, and cardiovascular training. I am a strong believer in the power of a positive mindset with focus on correct form, muscular endurance and strength, joint stability, flexibility, control of posture, and overall movement efficiency.

EMILY CHABERT Certified Personal Trainer

emilychabert94@gmail.com



SPECIALTY OR FOCUS:

- Bikini Competition Prep
- Women's Weight Lifting
- HIIT Training

My name is Emily Chabert I've been a trainer at the YMCA for 3 years. I currently teach Women's Weight Training, Killer Core and Athletic Training. I am a NFF/GBO bikini pro competitor; if you need help with nutrition, tips and tricks for competing or what to expect during prep for a show. I enjoy lifting weights, hiking and educating people on the importance of balance between nutrition and fitness.

SET UP YOUR SESSION

Purchase your personal training package at the member services desk. Please allow 48 hours for the trainer to contact you and set up your first appointment.

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 Carley at ckrischke@ymcagwc.org or Marne at tlfitness@ymcagwc.org

PRICING

SESSION TYPE	YMCA MEMBER	NON-MEMBER
1 Session (60 min)	\$47.00	\$67.00
6 Sessions (60 min)	\$246.00	\$354.00
12 Sessions (60 min)	\$438.00	\$631.00
Mission Fitness (4/60 min sessions) <small>LIMIT 1 PER MEMBERSHIP</small>	\$157.00	N/A
1 Buddy Training Session (60 min)	\$57.00	\$72.00
6 Buddy Training Sessions (60 min)	\$300.00	\$381.00
12 Buddy Training Sessions (60 min)	\$534.00	\$678.00

POLICIES

Cancellation Policy: Personal trainers must contact his/her clients within 2 hours to cancel or reschedule the appointment. Missed appointments without prior contact will be reimbursed to the client. Members must cancel their appointment within 2 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: 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. Carley Krischke the Fitness Director must approve all transfers. Sessions may not be transferred from member to member or to any other fitness program. All sessions must be used within 12 months of date of purchase. There are no refunds or credits for unused sessions.

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

