

## **Mt. Trashmore Family YMCA Personal Training**

**Wherever you are on your fitness journey we can help you reach your goals!**

Personal Training is a unique training experience where you work 1 on 1 with a certified personal trainer to achieve your health and fitness goals. Our knowledgeable and friendly staff will guide you step by step in a variety of disciplines, including:

- Weight management
- Functional Training
- Strength Training
- Flexibility
- Cardiovascular Training
- Sport Specific Training
- Nutrition Counseling

## **Personal Training**

**Along with comprehensive one on one fitness training, you will have access to:**

- Goal Setting
- Fitness Assessments
- Body Composition Testing
- Circumference Measurements
- Motivation and Nutritional tips
- Individual progress reports

Our trainers provide a relaxed and friendly atmosphere, giving you the confidence and motivation needed to succeed.

## **Training is for Everyone**

**Personal Training is for people of all ages!** From children to older adults, our dedicated trainers will work with you to design a program to meet your specific needs and goals.

**Please contact  
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*We build strong kids,  
strong families,  
strong communities*