

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.) Handheld 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 proper use of the strength and cardio machines. They will also explain the three essential parts to a complete exercise program. Inquire at the Front Desk to set up an appointment.

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A Partner Agency

Fitness Center & Personal Training



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**For Youth Development,
For Healthy Living,
For Social Responsibility**

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.

Our Personal Trainers are available by appointment at both the Orrville and Dalton YMCA facilities.

MEET OUR PERSONAL TRAINERS.....

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.



Amy Gill is a recent graduate of West Liberty with a Bachelor's degree in exercise physiology. She holds certifications in Zumba as well as a teaching certification through the Water Arthritis Foundation. She plans to expand her knowledge through other certifications in the future. Amy is enthusiastic about building relationships and coaching those interested in health and fitness.



Aaron Spurlock is an ACE (American Council on Exercise) certified personal trainer. He also has a bachelor's degree in Exercise Science at the University of Akron at Wayne. He holds a certification in YMCA Strength and Conditioning as well.



Tyler Reed joined our staff in August 2010 as a certified personal trainer. He earned his certification through NPTI in Cleveland, OH. He also holds the YMCA Group Instructor certification. Tyler brings fresh ideas that work well with the time tested training principles that we follow here at the Y.

Member Personal Training Rates

1 Session: \$32/hour
 5 Sessions: \$160 Get the 6th session FREE
 \$160 (\$32 per visit)
 8 Sessions: \$240 (\$30 per session) Get the 9th and 10th sessions FREE
 12 Sessions: \$350 (\$29.50 per session) Get the 13th, 14th and 15th sessions FREE

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	Member	Non-Member
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)