

Our Trainers:



Jake Williams



Phoenix Jensen



Chai Perlman



Heather Halverson

Contact Information

Packages are offered to members and non-members and are available in 30-minute or 60-minute options.

Member Pricing:

- 30-Minute Sessions
 - 6-\$135
 - 12-\$270
 - 18-\$386

*To see more pricing, please visit our website.

Reach out!



Phone Number
530-842-9622



Website
siskiyou-ymca.org



Siskiyou Family YMCA

Personal Training

Take your fitness to another level with unique training sessions curated just for you.

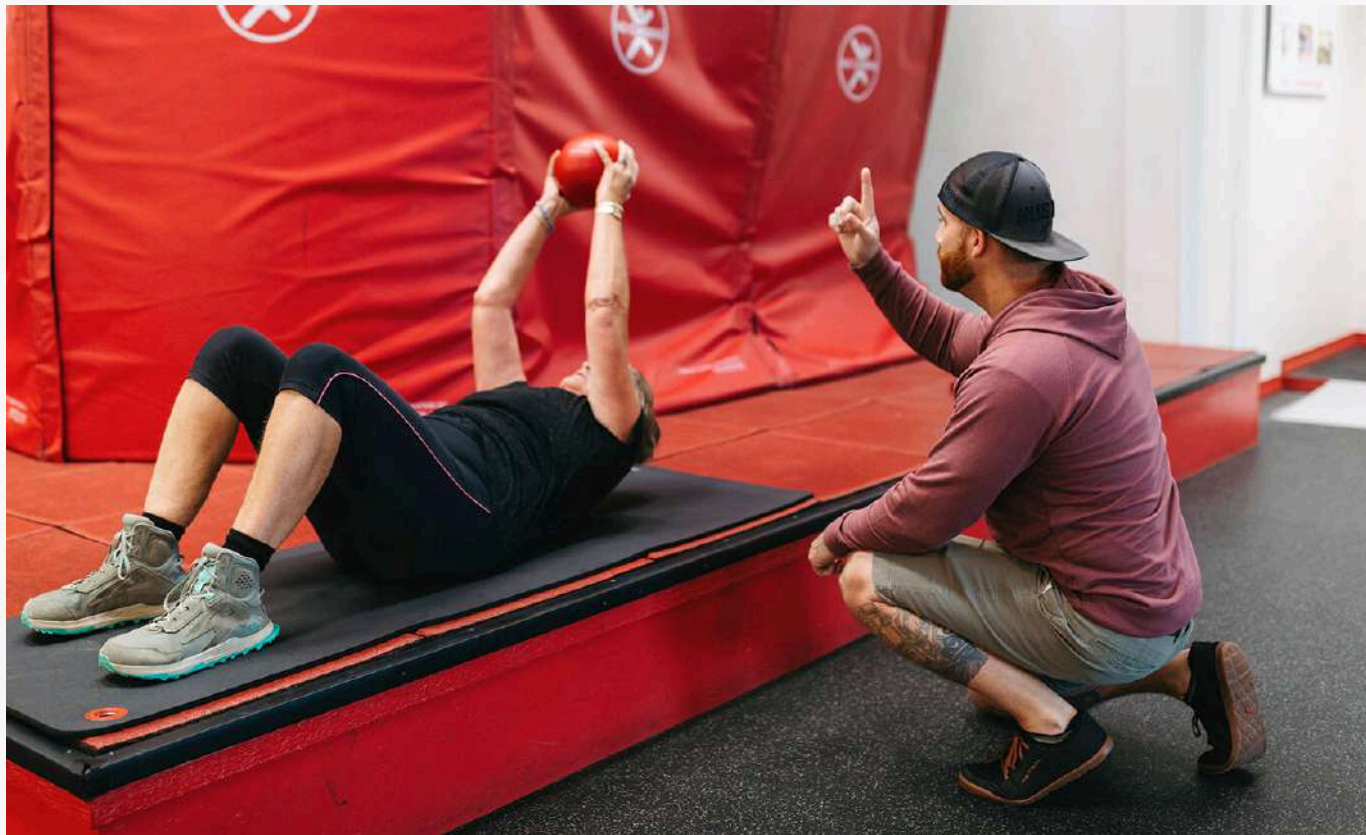
Personal Training

Health Benefits

In-person sessions are tailored to your needs so that you can reach your goals in a way that works best for you. Our trainers will provide you with the guidance and motivation you need to stay on track, get results, stay motivated, and have fun on your fitness journey.

Personal Training Benefits include:

- Improved Accountability
- Exercise Variety
- Proper Form and Execution
- Personalized & Sustainable Plan
- Movement Variety
- Safe Environment & Clean Equipment
- State of the Art Facilities
- Health Information & Tips



“I came to the YMCA two years ago, in need of professional help. I was partnered with Jake and weekly my balance, strength and endurance grew. I moved beyond rehabilitating my knee and foot and began building muscle and endurance; Jake was confident in my ability to reclaim the adventures I was missing and needed in my retirement. Last year, I was elated to downhill ski, whitewater kayak and take extended hikes. Victory!”

-Gretta Brown, Personal Training Client