

# Siskiyou Family YMCA Personal Training



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

To schedule a personal  
training session, call the  
YMCA at (530)-842-9622, or  
visit us in person!





# 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.



**"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**

## Personal Training Benefits:

- 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

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



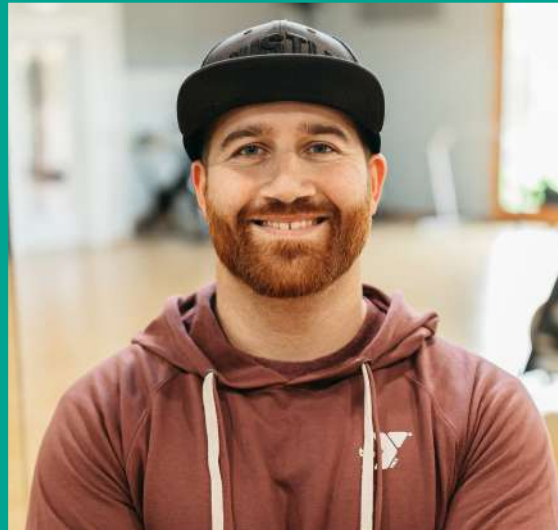
# Meet our Personal Trainers

## Heather Halverson



Heather Halverson is a NASM-Certified Personal Trainer whose journey in health and wellness began with her own experience in weight loss, where she discovered the powerful role of exercise in enhancing mental well-being. She wants to share this knowledge with others and is dedicated to helping individuals achieve their healthiest and most confident selves. Heather is also pursuing a nutrition certification to enhance her expertise.

## Jake Williams



Jake started his journey into health and wellness at a young age, being an athlete playing multiple sports and then discovering weight training in his early teens. Becoming a Certified Personal Trainer at the age of 18, Jake has 16 years of experience in the field. Working with a wide variety of clientele, from first-time gym goers to advanced athletes, and physical rehabilitation needs to general weight management.

## Chai Perlman



Chai is a certified personal trainer through the National Academy of Sports Medicine (NASM) where he is also enrolled in the Nutrition Coach Program. He loves a physical challenge and is a passionate athlete, which led him to become a professional disc golf player. He also enjoys backpacking and camping with his equally adventurous Labradoodle, Harper.

# Siskiyou Family YMCA Personal Training Rates

Single Session	Member	Non-Member
1 hour	\$45	\$55
30 minute	\$25	\$35

30 minute	Member	Non-Member	Sessions per week
6 sessions	\$135	\$199	2 minimum
12 sessions	\$270	\$379	2 minimum
18 sessions	\$386	\$540	2 minimum
24 sessions	\$488	\$684	*3 minimum
36 sessions	\$697	\$974	*3 minimum

1 hour	Member	Non-Member	Sessions per week
6 sessions	\$256	\$313	1 minimum
12 sessions	\$486	\$596	1 minimum
18 sessions	\$688	\$849	2 minimum
24 sessions	\$891	\$1,075	2 minimum
36 sessions	\$1,215	\$1,532	*3 minimum

