

PERSONAL TRAINING

We build strong kids, strong families, strong communities.

Summer 2010 Schedule

Pricing:

1 hour session (single person)			1 hour team session (two people)		
# of Sessions	Price per Session	*Total Package Price	# of Sessions	Price per Session (per member)	*Total Package Price
1	\$50	\$50	1	\$38	\$76
3	\$48	\$144	3	\$36	\$216
6	\$45	\$270	6	\$34	\$408
12	\$40	\$480	12	\$30	\$720

Benefits of personal training:

- Personal attention from a trained/certified professional
- Learn proper exercise forms & techniques to ensure better results
- Have a customized workout designed just for you
- Get the motivation & guidance you need to achieve your goals
- Challenge yourself by learning various new exercises
- A Fitness Assessment is included to help evaluate your fitness level

How do I sign up?

- Pick-up a personal training packet at Member Services, fill it out and hand it in when you're ready to start training
- You will be contacted by a trainer

*All packages expire 6 months from purchase date

BURBANK COMMUNITY YMCA

Providing people of all ages lifelong opportunities to become stronger in spirit, mind and body.
321 Magnolia Blvd. • Burbank, CA 91502-1132 • v:818.845.8551 • f:818.845.0785 • burbankymca.org

Our Personal Trainers

Jim Bryant

Certifications: NASM (National Academy of Sports Medicine), CMT (Certified Medical Technician), CPR / First Aid, (*FitLinxx Instructor*)

As a trainer, I design exercise programs (blueprints) for individual fitness goals and needs. My program stresses interval cardio training, stretching, resistance training, and basic nutrition for toning and weight loss. I create unique and enjoyable programs for members to persevere and achieve their goals.

Lucy Cholakian

Certifications: ISSA (International Sports Science Association); CPR / First Aid (*FitLinxx Instructor*)

I believe working hard will allow you to achieve your goals. I have gained firsthand knowledge and experience through training clients, female and male, helping them lose weight, build muscle, and/or maintain their health. I'm pursuing a degree in Kinesiology, and love the challenge I get from working with those who have personal goals and want to live a healthier lifestyle.

Kathy Price

Certifications: NPTI (National Personal Training Institute); CPR / First Aid (*FitLinxx Instructor*)

My mission is to help you live a healthier life. Whether it's losing weight, gaining muscle, or just maintaining your current fitness level; I'm here for you. Let's challenge your body & mind, so you can live your best life.

For any inquiries about hiring a Personal Trainer or a Nutritionist, contact Member Services at (818) 845-8551 or Maryam Faresh at (818) 845-8551 x348

BURBANK COMMUNITY YMCA

FACILITY HOURS

Monday–Friday 5:30AM - 10:00PM
Saturday 7:00AM - 6:30PM
Sunday 12NOON - 5:00PM

MEMBER SERVICES HOURS

Monday–Friday 8:00AM – 8:00PM
Friday 8:00AM – 7:00PM
Saturday 9:00AM – 6:00PM
Sunday 1:00PM – 5:00PM

SCHOLARSHIPS

Financial assistance applications are available at Member Services and/or burbankymca.org.