

GREENSBURG Personal Training



**Greensburg YMCA
101 S. Maple Avenue
Greensburg, Pa. 15601
724 834-0150
www.greensburgymca.org**

**Julianne Hezlep
Director Wellness and Aquatics
J.hezlep@gbgymca.org**

Pricing for training sessions:

Your first session in FREE!

In this first session we will assess your current state of physical abilities and determine how to get you to where you want to be!

- 1 session – \$40.00**
- 5 sessions – \$180.00**
- 10 sessions – \$360.00**

Registration and payments can be completed at the Greensburg YMCA Welcome Center, on the phone, or online at www.greensburgymca.org.



The YMCA will not turn away for the inability to pay. Ask about our financial assistance.

Please mark your availability:

Early Morning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							
Late Evening							

Want to try your first session Free without professionally trained expert? Fill out below and reverse, tear and return it to us, and he will give you a call to begin your Greensburg YMCA Wellness Experience.

Goals:

Personal Training

Personal Training

Personal training is a one-on-one training session geared towards helping you achieve your fitness goals! With each personal training session purchased, you will receive a completely customized training and nutrition program designed to help you meet your goals in the most efficient time possible. Along with the personalized programming, you will be taught why your programming is designed the way it is using the latest cutting edge research available to the fitness population! Our personal trainers on staff have extensive knowledge in fat loss, cardiovascular, strength, power, speed, agility, injury prevention, functional moving, and athletic preparation protocols. So instead of learning bad habits and not seeing results, meet with one of our trainers and learn proper habits and see the results you want...faster!

Personal training Sessions must be scheduled with the Personal Trainer.

Meet our Personal Trainer

Meet Alex Kikel



He is our dedicated and motivated personal trainer here at the Greensburg Y. He has a BS in Bioenergetics & Biomechanics and is a NASM Certified Personal Trainer currently working his way Through Graduate school. The fitness and healthy lifestyle is where Alex's true passion lies. Ultimately, Alex seeks to work in a Human Performance Research Lab as well as become a professor focusing on bioenergetics and biomechanics.

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Name: _____ Birthday ____/____/____ Age: _____
Phone Number: _____ Member (circle): YES NO
Email (Required): _____ Phone Number: _____
Address: _____ City/State/Zip: _____
Where did you hear about us? _____