

# FEATURED PERSONAL TRAINING PROGRAMS

## Core by Four

Discover the benefits of 360 degree functional training, resulting in a stronger core. Focus on strengthening the lumbar, spine and trunk muscles. Creates a much stronger foundation for the whole body's muscle system. Helps you stay healthy and prevents injuries.

Day: Mon Time: 5:30-6:30 PM

Begins: February 22nd OR

Day: Fri Time: 6:00-7:00 AM

Begins: February 26th

Trainer: Mel

## Hard Core Strength

Build strong muscles and burn calories in an intense and fun small group setting! Work with a personal trainer to get the correct form required to see the results you desire. Surprise your body with new work outs every week.

Day: Wed Time: 10:30-11:30 AM

Begins: February 24th

Trainer: Jamie

## You Can Do It - Cost \$123

You will receive a personalized training program to get your body ready to run 3.1 miles, detailing other run days and a workout schedule. Even if you've never run before, you can do this. On Sunday, May 9, 2010 we will complete the 'Run Like a Mother' 5k at Metro Beach. Pricing includes registration.

Day: Sun Time: 12:00-1:00 PM

Begins: March 21st

Trainer: Jamie

## Small Group Schedule

**Cost: \$105 for 7 week session**

**\*Maximum of 8 participants\***

### Nice Pipes

Get your upper body in great shape. Tone and define. Keep your back and shoulders healthy and strong. And, of course get those "nice pipes" that everyone admires.

Day: Tues Time: 6:00-7:00 PM

Begins: March 2nd

Trainer: Jamie

### Man Your Stations

This small group personal training will help you become more flexible, agile and coordinated all while becoming more toned and physically fit.

Day: Wed Time: 6:00-7:00 PM

Begins: February 10th

Trainer: Dion

### Boot Camp

Train hard and intense in a small group setting. Work your entire body and get the results you want!

Day: Sat Time: 10:00-11:00 AM

Begins: March 20th

Trainer: Jamie

### Super Sets

Alternate weight training with a short cardio blast! Total body workout that will help you gain strength, endurance and burn fat all day long. Take it to the next level & achieve the goals you are striving for!

Day: Mon Time: 6:30-7:30 PM

Begins: February 22nd

Trainer: Nancy

## 7 Week Shred

Get lean in this 7 week session that includes a mix of cardio and strength training exercises that will keep you motivated and get you ripped! Never get bored as each week will never be the same. Confuse your muscles and get in shape now. Spring is just around the corner!

Day: Mon Time: 5:00-6:00 PM

Begins: February 24th

Trainer: Nancy

## Team Tri It

Mix cycling & running with strength training while doing intervals. Gain strength to improve your cycling & running skills. Improve personal speeds to lower your times. Rev up your metabolism to the red zone.

Day: Mon Time: 6:00-7:00 AM

Begins: March 1st

Trainer: Mel

## Pirates Treasure

Pirates weren't known for their hygiene, their skincare, or their nutrition, but one thing they were known for was...Booty! Get your bottom in ship shape! This is an intense glute, thigh, and abdominal workout.

Day: Thurs Time: 6:30-7:30 PM

Begins: February 25th

Trainer: Jamie

## Fight Fit (Dojo)

This small group personal training will help you add speed and agility, functional strength and power and focus to your fight.

Day: Wed Time: 5:00-6:00 PM

Begins: February 15th

Trainer: Dion



# Macomb Family YMCA

## Personal Training

### Personal Training

An exciting interactive program delivered by a Nationally Certified Personal Trainer that will ensure that you reach your health and fitness goals faster and safer than your current workout program.

Why should you take advantage of our Personal Training Program?

- You will learn the fundamentals of biomechanics and proper exercise techniques for safety and great results.
- You will be excited and motivated by the results you achieve, and will stick with your workout program.
- Personal training creates a schedule that maximizes your time and efforts.
- You will achieve better health, better confidence, lower stress levels, stronger body inside & out, and be a great role model for your children, spouse, and co workers.

If you want motivation, direction, fun and a new challenge, or if you're not seeing the results you want, then you need one of our Personal Trainers. Make your appointment today.

### CONTACT:

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### REGISTRATION DATES:

Specific to your needs for one on one instruction

### PROGRAM DATES:

Ongoing programs  
See our schedule on other side to find a small group personal training that meets your needs

Visit our new website!  
[www.ymcadetroit.org](http://www.ymcadetroit.org)