

# FEATURED PERSONAL TRAINING PROGRAMS

## Back to Skool

Are you a beginner or want some extra tutoring on exercise? If you answered yes to this test question, then this small group is for you! The curriculum will instruct you on proper technique to perform exercises for each major muscle group while using a variation of equipment such as free weights, tubing, medicine & stability balls and BOSU. This small group will meet twice a week for 1 month.

Day: Tue/Thur Time: 10:00-11:00 PM

Begins: September 7th

Trainer: Carolyn

## B.F.F (Best Friends Forever)

Do you run in a pack? How about a crew? Why not create your own group? If the timeslot below doesn't work for you, but you and two friends want to create your own small group, contact Dion. Full body workouts!! Abs, glutes, arms, quads and lats.

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

Begins: September 29th

Trainer: Dion

## 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: 6:45-7:45 PM

Begins: October 7th

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: Wed Time: 6:30-7:30 PM

Begins: September 1st

Trainer: Jamie

## 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: September 18th

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: September 13th

Trainer: Nancy

## Bosu Bootcamp

Intensify, increase balance & add variety to your workouts in this total body sculpting, core conditioning, cardio crazed small group personal training. Keep motivated for the summer & stay hot in that bathing suit!

Day: Fri Time: 9:15-10:15 AM

Begins: September 10th

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: Mid October

Trainer: Mel

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

Begins: Mid October

Trainer: Mel



# Macomb Family YMCA

## 10 N River Rd Mt Clemens, Mi 48043

### 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:

Christina Wolcott  
Wellness Director  
(586) 468-1411 x223  
[cwolcott@ymcametrodetroit.org](mailto:cwolcott@ymcametrodetroit.org)

#### 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)**