

Your Wellness Team for Personal & Small Group Training!

Charissa Dixon PT/WC
Katie Rittenhouse PT/WC
Stephen McNally PT/WC
James Bowman PT/WC
Hunter Hewitt PT/GX
Phillip Jordan PT/GX
Julianna Hudson PT/GX

Our YMCA Wellness Team members are all certified Fitness Practitioners through AFAA
PT—Personal Trainer
GX—Group Fitness
WC—Wellness Coach

(Wellness Coaches have established staff hours for your schedule convenience)



Our Mission

The Childers Family YMCA is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God. The YMCA puts Christian principles into practice through programs that build spirit, mind, and body for all.

Our Vision

The YMCA of Waycross will build strong kids, strong families, and strong communities

The YMCA does not discriminate based upon color, national origin, disability, sex, or cultural background. Non-discriminatory rules also apply to all YMCA sponsored programs and services. The Executive Director is designated to handle all inquiries regarding its efforts to comply with and carry out its responsibilities under Title IX and under Section 504 of the Rehabilitation Act of 1973. 501 c 3 non profit.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LET'S GET STRONGER TOGETHER

Personal Training at the Y



Wellness Coaching and Personal Training

Focused on developing your potential

Childers Family YMCA
1634 Plant Ave.
Waycross, GA 31501
912.285.8660
www.ymcawaycross.org

PERSONAL TRAINING SESSION PACKAGES (One-on-One or Partner)

Whether you are looking for someone to hold your hand every step of the way or for someone to add variety and spice to your routine while helping you reach your goals faster than you thought possible, Personal Training is right for you!

Our personal trainers are certified by an internationally recognized wellness organization and are dedicated to helping you achieve your wellness goals as quickly and safely as possible.

All Personal Training Packages include:

- ⇒ Free initial consultation
- ⇒ Baseline Measurements (BF%, circumference, weight, 5 components of fitness)
- ⇒ Dietary Analysis
- ⇒ Convenient Scheduling
- ⇒ Personalized workouts catered to your goals



PERSONAL & SMALL GROUP TRAINING PACKAGE PRICES

PERSONAL TRAINING

#OF SESSIONS	DURATION	PRICE
12	30 min	\$220
20	30 min	\$300

SMALL GROUP TRAINING

# OF CLIENTS IN GROUP	12 1 HR SESSION	20 1 HR SESSION
3-9	\$720	\$1,200
10-15	\$1,092	\$1,820
16+	\$1,200	\$2,000

Single Training Sessions may be purchased at \$40/Session. Partner Training packages are 20% off prices listed above and per person and sessions must be performed together.

For more information about the YMCA Wellness Department services, please contact Raili Akintomide, Wellness Director
raili@ymcawaycross.org

SMALL GROUP TRAINING SESSION PACKAGES

Grab a group of friends and save money with Y Small Group Training packages!

This is also a great opportunity for employers to offer wellness incentives to employees.

Get the benefit of Small Group Training and split the cost!

All Small Group Training Packages include:

- ⇒ Certified Personal Trainer to meet with your group a specified # of times per week to instruct conditioning classes catered to your specific goals.
- ⇒ Baseline Measurements (BF%, circumference, weight) for each client in the group.
- ⇒ Motivating tactics to inspire your group to enjoy a higher quality of life.

