

Our Trainers

TRISHA BARTLETT: Trisha is certified in Foundations of Strength and Conditioning through the YMCA and Personal Training through ISSA. In addition, Trisha is pursuing her Strength and Conditioning certification with ISSA. She has 8 years of experience training clients. Trisha has prepared individuals for physical fitness testing and worked on specific individual goals with people. She is also a Group Exercise Instructor; with a background in W.O.W (Women on Weights) and cycle classes. Trisha has a great love for sports and exercise. It is truly what she enjoys doing. If you are looking for someone to help you kick start a healthier lifestyle you may find Trisha is just the person you need.

BRANDON HOOD: Brandon is certified in Foundations of Strength and Conditioning through the YMCA. He is a graduate of Oswego State University with a degree in Health and Wellness Management.

Brandon has struggled with weight most of his life and weighed close to 300 pounds. Now he is close to 200 pounds, a much healthier weight and he wants to help others do the same. If you are looking for someone to help guide you to a healthier lifestyle you may find Brandon is the right fit.

Our Trainers (contd.)

CODY WHELISKY: Cody is certified in Foundations of Strength and Conditioning through the YMCA. He is a recent college graduate and has a passion for weight lifting. Cody is currently instructing W.O.W (Women on Weights) 4 days a week with an enrollment of 15 participants. Cody enjoys planning a training session that is tailored to the individual. If you are looking for someone to help you focus on your goals Cody is the person for you.



JESSICA HUDSON: Jessica is certified in Foundation of Strength and Conditioning through the YMCA and is also a Certified Personal Trainer through ACE. She attends SUNY Cortland studying Biology for 2 years and is currently a Dental Hygiene student at SUNY Broome. Jessica has been into Health and Fitness her whole life. She grew up playing sports and long distance running. Jess truly enjoys fitness and strength training; she hopes to help you enjoy it too!

All YMCA trainers and fitness staff are CPR/AED certified.



Personal Training Program

Achieve Your Fitness Goals
For a Healthier Lifestyle



Taking your first step to a healthier and more rewarding life ...

Fulton Family YMCA

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(FACEBOOK): Fulton Family YMCA

Believe in your goals

Work hard to attain them never give up ...

If you're thinking about personal training, you are taking your first step to a healthier and more rewarding life.

THE PROGRAM

The Fulton Family YMCA's Certified Personal Trainers (CPT's) mission is to improve your health and change the way you think and feel about fitness.

Training is available during business hours to Y members and nonmembers. Sessions are conducted in the YMCA, or can be combined with additional activities outside of the fitness center.

Training is much more than heading to the gym and lifting weights. Training is a commitment to a change in lifestyle. When you train with a YMCA Certified Personal Trainer, you will receive a personally designed program, along with dietary guidelines and motivation you will need to succeed!

"Having the guidance and motivation from my personal trainer at the Y helped me to stay focused and to work harder."
-Anonymous

Our comprehensive fitness programs include cardio respiratory, muscular strength and flexibility training. All of which is needed to achieve the best results.

Whether your goal is to lose weight, get stronger, improve your body composition or recover from an injury, personal training can help you set goals and achieve them.

Many athletes use personal trainers to help them meet their sport's specific goals. Whether you are a high school athlete or a week-end warrior, our personal trainers can help you be your best while avoiding injury or boredom.

All you need is a goal and a willingness to work hard, and we will do the rest.



THE TRAINERS

Our Certified Personal Trainers are just like you. They exercise for fun or fitness; and know that exercise and good nutrition pay off in good quality of life. Certification by the YMCA of the USA is nationally recognized by both ACE and AFAA fitness organizations.

Personal Training Rates

ONE ON ONE TRAINING

One-on-one personal training programs are designed and administered on a personal, individual basis by our staff of YMCA certified Personal Trainers who share the YMCA philosophy of total body fitness. Includes 30min consultation for 5 sessions or more.

1-4 Sessions	\$ 35 Member	\$ 45 Non Member
5 Sessions	\$160 Member	\$210 Non Member
10 Sessions	\$300 Member	\$410 Non Member
15 Sessions	\$435 Member	\$585 Non Member

MONTH TO MONTH PAYMENT OPTION

Continue with your training without having to purchase a big package all at once. It makes training more affordable and easier for you! This way you can save more money and stay healthy! How does it work?

4 Sessions	\$128 Member	\$168 Non Member
8 Sessions	\$240 Member	\$320 Non Member
12 Sessions	\$360 Member	\$480 Non Member

PARTNER & GROUP TRAINING FEES

What a great savings. When 4 People purchase 5 group sessions, they pay only \$13.50 each per session!. Includes one, 30 minute consultation for 5 sessions or more.

1 Session	Couple	\$45Member /\$55 Non Member
	Group of 3	\$50 Member /\$60 Non Member
	Group of 4	\$55 Member/\$65 Non Member
5 Session	Couple	\$200 /\$230 Non Member
	Group of 3	\$220 Member/\$260 Non Member
	Group of 4	\$270 Member/\$320 Non Member
10 Sessions	Couple	\$355 Member/\$432 Non Member
	Group of 3	\$420 Member/ \$504 Non Member
	Group of 4	\$465 Member/\$558 Non Member
15 Sessions	Couple	\$520 Member/\$624 Non Member
	Group of 3	\$584 Member/\$700 Non Member
	Group of 4	\$648 Member / \$778 Non Member