



- ◆ Individualized workout plan designed to meet your personal goals
- ◆ Modified programming for those with special limitations
- ◆ Ensure proper form
- ◆ One-on-One attention
- ◆ Convenient time scheduling
- ◆ Moral Support and Motivation
- ◆ Keep up to date on current fitness trends and research
- ◆ Maintain an overall healthier lifestyle



Personal training is an opportunity to assist you in moving toward your health and fitness goals. Our trainers will develop a program to fit your individual needs and will guide you through your workout to ensure you are getting the most out of your training.



**HELPING
YOU LIVE
BETTER**



Rita Kurz

Health & Fitness Director
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**1000 Redwood Avenue
Grants Pass OR 97527
541-474-0001**



www.grantspassymca.org

Personal Training



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**MOTIVATE
EMPOWER
ACHIEVE**



Grants Pass Family YMCA

541-474-0001

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MEET YOUR PERSONAL TRAINERS



LAUREN JAMES

ACE Certified American Council on Exercise

Lauren has over 10 years of group fitness and personal training experience. She specializes in weight loss, total body toning, dance fitness, rehabilitation, as well as balance and flexibility. Lauren says, Fitness to me is a lifelong journey, whether you need to restore yourself to the best version you can be. I would love to be the trainer to help you achieve your goals.



LOUIS MOLANO

CSCS, PES, CES, CPT, CMT, DNSET, SFMA Certified Provider

A Specialist in: Corrective Exercise & Performance Enhancement, Therapeutic Exercise for Pre and Post Rehabilitation, joint mobility, core stability, balance and posture. Certified Strength and Dynamic Neuromuscular Stabilization Exercise Trainer and Certified Myoskeletal Therapist. Creator of *Improve How You Move* group workshops for healthy low back, hips, shoulders,



LIZ BARNES

NASM Certified, NPC Fitness Competitor, Fitness Nutrition Specialist

An experienced trainer & competitor, Liz devotes her passion for exercise and weight management into helping others. In collaboration with your personal aspiration, together you will celebrate seeing your potential develop into remarkable results. Liz will take your abilities and desires to the limit and beyond!



Body Composition

\$15

Using skinfold calipers, your body fat percentage will be calculated by one of our certified personal trainers. Please call for an appointment and allow 15 minutes. (Also available to the community for \$25)

Weight Lifting

If you want to do competition or just want to learn how to weight lift at any age. Weight lifting builds muscle to keep your body burning fat all day long. It is fun, but you need to work hard.

8 week course

3 times a week

1 or 2 people

Cost : \$860.00

Trainer: Liz Barnes

Choose a personal trainer with expertise and experience to match your personality and encourage you to reach further than you thought you could!

Individual Personal Training*

1	1 hour session	\$ 45
3	1 hour sessions	\$105
5	1 hour sessions	\$175
10	1/2 hour sessions	\$175
10	1 hour sessions	\$350
24	1 hour sessions	\$816
36	1 hour sessions	\$1,152

Group Training* (2-4 People)

A fun and cost efficient way to get fit when sharing the cost on these group rates.

1	1 hour session	\$50
5	1 hour sessions	\$190
2	times weekly	\$310 month
3	times weekly	\$430 month