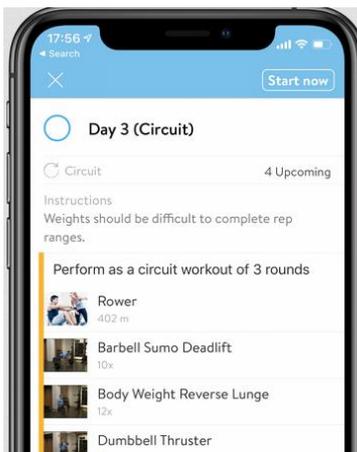




ONLINE PERSONAL TRAINING IS HERE!

All you need is a smart phone! Our online training packages have been designed to provide you with a wide range of options. Each level has programs suitable for beginner exercisers- with workouts that can be done from home with no equipment, to the more advanced gym goers, who are looking to amp up their workout routine. With each level, you can also choose to have a free app orientation, to get you acquainted with the app's features, so you get the most out of your online training experience.

Level 1- Personal



The **Personal** package provides you with unlimited access to the online training app. You will have access to a library of over 3 500 exercises, all accompanied by video demonstrations. You will also be able to access a library of readymade workouts, with new workouts uploaded every week. You can keep track of your information, personalize your own plan, input your own details such as weight, height and upload progress photos. This is a great option for those who need some guidance with the help of readymade workouts. It also is a great option for those who feel confident in building their own routines through the access of the exercise library.

Cost \$15 p/m

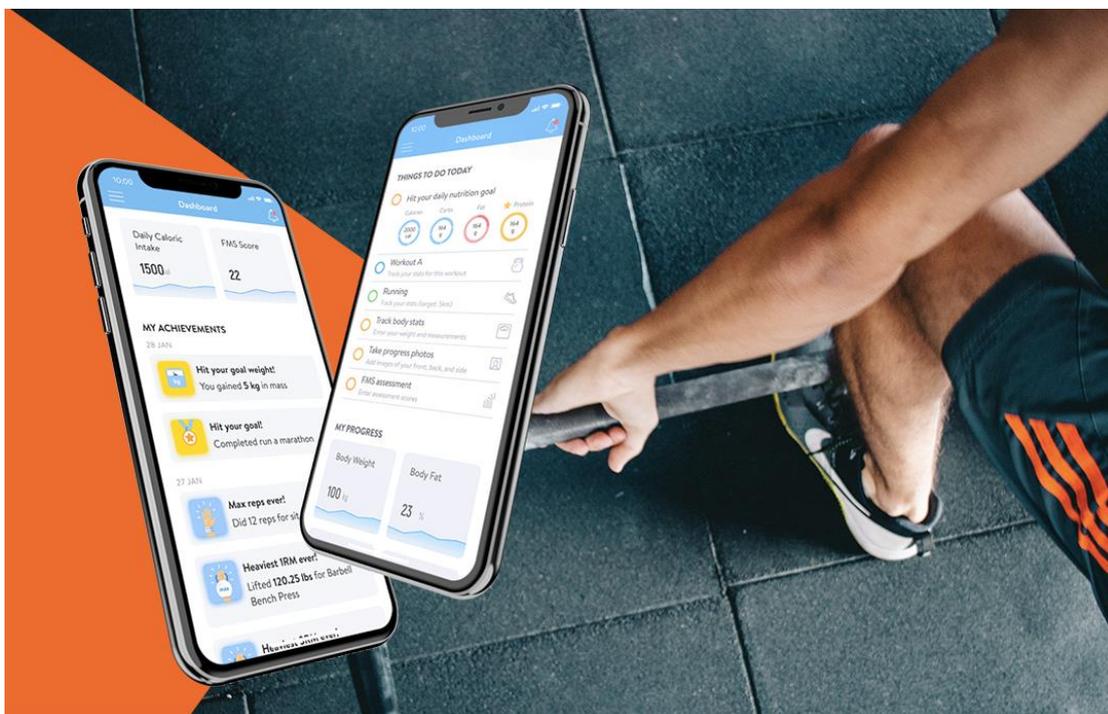
Level Two- Coach

For those of you who are looking for a more tailored approach, **Coach** is for you. You will be matched with a personal trainer who will sit down with you to discuss your goals, hopes and desires, and partner with you to create custom workout routines, which will be delivered straight to your phone. All you need to do log in and access your ready made workout plan. Your trainer will provide all the details; such as which exercises to do, number of reps, how much weight to use and more.



Looking for a more in-depth approach. We are offering an additional one-hour full body assessment. From here we conduct a range of physiological assessments, including a postural assessment, flexibility and muscle length assessment, as well as cardio vascular assessments. We use this information to create a plan that is specifically targeted to your body's unique physical structure. The assessments will highlight muscle imbalances, identify your cardio base and provide your personal trainer with a starting point so that you can work out safely, knowing that the exercises are chosen to restore as well as strengthen your body.

Cost: \$30 p/m or, if you choose to include the 1 hour Full Body Assessment package it will be \$50 for the first month and \$30 ongoing.



Level 3 – MASTER

Looking for some more accountability? More face to face time with your trainer? Then the **Master** program is for you. What makes the Master program different from our other programs is that you will meet with your trainer for 30 minutes every two weeks. You will receive new tailored workout plans every session, with the opportunity to discuss your progress, ask questions about your routines, and spend some quality time with your trainer. This is a great program for those who are not quite ready for personal training, but still want the time and attention a personal trainer can offer.

The Master package provides you with the opportunity to include a one hour Full Body Assessment Package. This is a great addition and will significantly impact the custom workouts you receive.

Cost: \$45 p/m or \$65 for the first month and \$45 ongoing, if you choose to include the 1hour Full Body Assessment package.

For more information contact Kim Becker on 614 206 8448 (text only)

Or you can call the Hardin County Family YMCA on 419 673 6131

To get started with online training you will need to sign up at the front desk. All we need is your name and email address!