

## MEET YOUR DOWNTOWN YMCA PERSONAL TRAINERS

All YMCA personal trainers hold national certifications in strength and conditioning, as well as, CPR, First Aid, AED and Oxygen administration. Certifications listed below are in addition to these.

### HEATHER JARMAN | Group Exercise Coordinator

B.A. General Studies, Minor in Sociology

**Certifications:** Y-USA Certified Personal Trainer, ACE Certified Group Exercise Instructor, Beachbody PiYo Certification

**Specialties:** PiYo, Muscle Pump, Yoga, Pilates, Stretch and Roll, Nutrition Coaching

### KARINA SHAYLER

Pursuing B.A. in Health & Wellness

**Certifications:** Y-USA Certified Personal Trainer

**Specialties:** Strength, Agility, Balance, Mobility, Performance Enhancement, Weight Loss/Management and Self-Defense/Martial Arts

### SABRINA SMITH

**Certifications:** Y-USA Certified Personal Trainer

**Specialties:** Strength training, weight loss, women's health, HIIT, overall health and fitness

### ABBY PINKERTON

B.A. in Exercise Science from Sterling College

**Certifications:** ACE Certified Personal Trainer

**Specialties:** Weight Loss, Athletic Performance, HIIT, Balance Support, Functional Training, Endurance Training

### ANDREA ROMERO

B.A. in Exercise Science from Wichita State University

**Certifications:** ACE Certified Personal Trainer

**Specialties:** Weight Loss/Management, Strength and Toning, Overall Health & Fitness

### MARIE BALDESSARI (by appointment)

B.S. in Exercise Science from Wichita State University

**Certifications:** Y-USA Certified Personal Trainer

**Specialties:** Weight Training, Strength and Conditioning, Weight Loss, Functional Training

### JOANNA WHITTIT

B.S. in Dietetics from Kansas State University

**Certifications:** Y-USA Certified Personal Trainer, ACE Certified Group Exercise Instructor

**Specialties:** Running, Weight Loss, Group Training, Resistance Training

### JULIE OLER-MANSKE (by appointment)

B.A. in Exercise Science from Wichita State University

M.S. in Community Health Education from the University of Wisconsin-LaCrosse

**Certifications:** Y-USA Certified Personal Trainer, ACE Group Exercise/Keiser Cycle

**Specialties:** Strength and Conditioning, Weight Loss/Management, Active Older Adults, Group Training

### JERRY NGUYEN (by appointment)

B.A. in Exercise Science from Wichita State University

**Certifications:** Y-USA Certified Personal Trainer

**Specialties:** Weight Loss, Endurance Training, Weight Training, BOSU and Balance, Sport Specific/Track and Field

### JOSHUA RICHARDS

A.S. in Sports Medicine

B.A. in Exercise in Exercise Science from Wichita State University

**Certifications:** Y-USA Certified Personal Trainer

**Specialties:** Functional Movements, Balance, Stretching, Body Weight Training, HIIT, Dance, Weight Management, Nutrition Coaching

### LUIS GARCIA (by appointment)

Pursuing an AOS Masters Massage Therapy Degree

**Certifications:** Y-USA Certified Personal Trainer

**Specialties:** Strength training, Weight training, HIIT, Weight loss, Stretching, overall Health and wellness

### KIMBERLY ARIAS

B.A. Exercise Science from Wichita State University

**Certifications:** Y-USA Certified Personal Trainer, Diabetes Prevention Program Facilitator, Enhance Fitness Trainer

**Specialties:** Trilingual (Spanish and French), HIIT, active older adults, bodyweight, endurance, Nutrition Coaching

### SHILOH CURRY-MILLER

B.A. in Exercise Science from Wichita State University

**Certifications:** Working towards Y-USA Certified Personal Trainer

**Specialties:** Functional Fitness, Weight Loss, Balance, Endurance Training, Overall Health and Mental Wellness

### RUSTY BILBERRY (by appointment)

B.S. in Chemistry

**Certifications:** Y-USA Certified Personal Trainer

**Specialties:** Weight Loss, Yoga, Endurance Weightlifting, Boot Camp, YBox, and Interval Training.

Contact Brittani Poland, Senior Program Director for more details and to request training.

[Brittani.poland@ymcawichita.org](mailto:Brittani.poland@ymcawichita.org) or 316-776-8002

**WHAT IS ACSM/NSCA?** These are acronyms for American College of Sports Medicine and National Strength & Conditioning Association, often referred to as the "gold standard of certifications." These are degreed professionals capable of designing programs for preventive health care, medical risk factors, and rehabilitation.

SIGN UP ONLINE AT:

<https://www.ymcawichita.org/personal-group-training>

### NEW PAYMENT OPTIONS:

Pay as You Go: Convenient automatic monthly bank/credit card drafts on the 1<sup>st</sup> of each month

Pay in Full (PIF): Pay for three months in advance via credit card online or cash/check/credit card at any Y.

### ONE-ON-ONE TRAINING

1 Hour Sessions	Monthly Draft	Pay In Full 3 Months
Single Session (\$50/session)	N/A	N/A
1x weekly (\$40/session)	\$160	\$480
2x weekly (\$37.50/session)	\$300	\$900
3x weekly (\$35/session)	\$420	\$1,260
1/2 Hour Sessions		
Single Session (\$40/session)	N/A	N/A
1x weekly (\$30/session)	\$120	\$360
2x weekly (\$27.50/session)	\$220	\$660
3x weekly (\$25/session)	\$300	\$990

### PARTNER TRAINING, Price per Person

1 Hour Sessions	Monthly Draft	Pay In Full 3 Months
Single Session (\$35/session)	N/A	N/A
1x weekly (\$30/session)	\$120	\$360
2x weekly (\$27.50/session)	\$220	\$660
3x weekly (\$25/session)	\$300	\$990

### SPECIALTY GROUP TRAINING

#### 4+ People Required, Price per Person

Pilates Tower Training also available at select locations for Specialty Group Training (4 people)

Meets	NEW! 1/2 Hour		1 Hour	
	Monthly Draft	PIF 3 Mo.	Monthly Draft	PIF 3 Mo.
1x weekly	\$25	\$75	\$35	\$105
2x weekly	\$50	\$150	\$70	\$210
3x weekly	\$75	\$225	\$105	\$315

## \$99 INTRODUCTORY PACKAGE

YMCA members may try out personal training and SAVE up to 33% with this one-time offer. Ask any trainer for details.

- 3 one-hour sessions
- Meet one-on-one with a nationally certified YMCA personal trainer