

Healthy Lifestyles promote well-being in Spirit, Mind, and Body

Q: How can you achieve results like
inches lost,
body fat loss,
sounder sleep,
improved health,
improved quality of life,
improved strength and conditioning,
better eating and nutrition habits,
and enhanced sports performance?

A: If you want to lose weight, get healthier and/or
build muscle, hiring a personal trainer can be a step in
the right direction! We have certified personal trainers
at the Pickens County YMCA, so come by and let us
get you on the fast track to achieving your goals!

*Prices vary according to session purchased.
See inside for more information.*



*Inquire at the Member Service desk
or call for more information.*

The Pickens County YMCA offers these great programs:

- Aquatics
- Childcare
- Group Exercise
- Sports
- Volunteer Opportunities
- Wellness

*Call to learn how you can rejuvenate
your spirit, mind and body.*



PERSONAL TRAINING

**We build strong kids, strong
families, strong communities.**

Do your workouts need an
extreme makeover?

Tired of not seeing the
results you want?

Are you an athlete looking for an
edge in your sport?

If you answered yes to any of these questions,
our **personal trainers** are here to assist you.



Two Locations in Pickens County
201 Burns Road
Easley, SC 29640
(864) 855-9622

2223 Gentry Mem Hwy
Pickens, SC 29671
(864)878-8380

www.pcyymca.net



PERSONAL TRAINING™



What is a Personal Trainer?

A trainer's job is to examine a client's current fitness level and to set up a program that will keep that client focused and motivated. An individualized program will include strength training, weight management, cardiovascular exercise, nutrition advice and flexibility training. The trainer will push the client to achieve a goal that might be difficult to do on his or her own.

What is a session like?

Each session lasts 50-60 minutes. After your free Wellness Works assessment and exercise prescription, your Personal Trainer utilizes your health and exercise history, your short and long term goals and your measurements to create your workouts and help you focus on proper exercise techniques that will help you achieve your goals. The trainer assesses your progress and implements changes as needed.

How often do you meet?

You and your Personal Trainer can meet as often as necessary until you feel comfortable with a workout program. You will have your program set up for you to follow on your own on days that you are not with a trainer. If you feel you need extra motivation and accountability because you are not doing your workouts on your own, then you may want to schedule more sessions in order to accomplish your goals.

*YMCA Mission:
To put Christian principles
into practice through
programs that build healthy
spirit, mind and body for all.*



Members Only

1 Session	\$35
3 Sessions	\$96
6 Sessions	\$180
9 Sessions	\$225

(Payment is due prior to session(s) and is non-refundable.)



We build strong kids, strong families, strong communities.

MAKE AN APPOINTMENT TODAY!