What to Expect During Sessions

Your first session will include a free 15 - 20 minute assessment to discuss goals and any specific injuries you may have.

Our professional trainers will create a personalized exercise program designed to meet your needs and goals, while maximizing your workouts by teaching you proper form.

The trainers will use a variety of activities and exercises to keep you motivated and engaged. Our trainers can help you with weight loss, strength training, injury prevention, post rehabilitation, nutrition, and more.

Meet our Certified Trainers

Abby Clester

Abby is an ISSA Certified Personal Trainer, Group Ex and Yoga Instructor, with a specialization in Pre and Post Natal fitness as well as seniors.

Garett Payne

Garett is an IFA Certified Personal Trainer with specializations in Soft-Impact Strength Training and Nutrition. He has a degree as a Dietician.

Lara Davis Barnett

Lara is a NASM Certified Personal Trainer, Group Ex & Yoga Instructor, with Perinatal and Fitness Nutrition specializations.

Andrew Mcelvy

Andrew is an Active Certified Personal Trainer, and has specialties in Corrective Exercise, Performance Enhancement and holds an advanced Nutrition Certification

Rates

FACILITY MEMBERS

INDIVIDUAL TRAINING

30 MINUTES

____ $35 1x ____ $180 6x

60 MINUTES

____ $55 1x ____ $280 6x

PARTNER TRAINING

30 MINUTES

____ $55 1x ____ $300 6x

60 MINUTES

____ $85 1x ____ $480 6x

COMMUNITY MEMBERS

INDIVIDUAL TRAINING

30 MINUTES

____ $50 1x ____ $270 6x

60 MINUTES

____ $75 1x ____ $400 6x

PARTNER TRAINING

30 MINUTES

____ $85 1x ____ $480 6x

60 MINUTES

____ $125 1x ____$720 6x

SMALL GROUP TRAINING

60 MINUTES

___$90 1 Session

____$510 6 Sessions

____$1000 12 Sessions

*Max 8 participants; extra fee for the 7th & 8th participant

Registration

Name:_____

Phone#:_____

Address:_____

City:_____ Zip:_____

Male / Female DOB:_____

Email:_____

Do you have a trainer preference?

____Andrew ____Lara (repeat clients only)

___Abby ____Garett ____No Preference

Please Complete Registration with the Member Services Desk

The Y does not allow any personal training / coaching on the Y campus by people who are not employed by the Shasta Family YMCA.
Trainers are identified by Y shirts and name tags.

the YMCA®

STRONGER TOGETHER

Personal Training at the Y

Personal Training is for EVERYONE!