

FREQUENTLY ASKED QUESTIONS:

Q: HOW OFTEN SHOULD I WORKOUT?

A: Find a goal that is appropriate and reasonable for you, and that should dictate the frequency (and content) of your workouts. A certified personal trainer can help guide you to set reasonable goals and track your progress along the way.

Q: THIS EXERCISE WON'T MAKE MY ____ BIGGER, WILL IT?

A: The simple answer is, "No." We all want to make certain muscles bigger (we call it "toning.") and need muscle to drive our metabolism. But unless you do very little cardiovascular exercise and eat like a bodybuilder, you won't "get bulky."

Q: HOW OFTEN SHOULD I DO PERSONAL TRAINING?

A: The answer to this question varies by person. The main questions to ask yourself are: how much money you can dedicate to training, how much time you can dedicate, and how motivated you are to do it on your own?

Q: WHAT'S THE BEST EXERCISE FOR ___? (ABS, INNER THIGHS, BACK OF ARMS...)

A: There is no spot reducing. Muscle and fat are two separate things. To get rid of the fat in any one area of your body, you must decrease your body fat all over your body.

PERSONAL TRAINING POLICIES

- Payment must be made prior to your first workout session. Please make payment through Member Services Desk.
- Packages are non-refundable and expire after one year of purchase.
- If you are unsure about the trainer you would like to use, please speak with our Wellness Director, Emily Krause.

ABOUT US:

Led by a group of volunteers with the common vision of improving the quality of life in the Emporia-Greenville area, the Family YMCA of Emporia-Greenville was initially founded in August 2000. Our mission is to put Christian principles into practice through programs that build healthy spirit, mind, and body for all.



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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTH & WELLNESS Personal Training

FAMILY YMCA OF
EMPORIA-GREENSVILLE
212 WEAVER AVENUE
EMPORIA VIRGINIA 23847
434 348 9622



MEET OUR TRAINERS

EMILY KRAUSE



Emily has a Bachelor's Degree in Kinesiology from Longwood University and has achieved her ACSM personal trainer certification. Emily also works as the Wellness Director at the YMCA.

SHANNON GAINEY



Shannon has been with the YMCA for 14 years and has a passion for fitness. She has held YMCA group fitness and personal training certifications for over 13 years. She also works in various other program areas of the YMCA.



Our personal trainers have been trained to design specific programs to meet your individual needs and goals. Whether you are an athlete training for competition, or simply someone who wants to become healthier, we can design a program meant just for you!

Personal training involves one-on-one instruction by a certified personal trainer. YMCA personal trainers are certified through nationally recognized and accredited fitness organizations such as ACE, ACSM, YMCA, OR ISSA.



PERSONAL TRAINING RATES

If you purchase more than one training session, a FREE initial assessment will be included. During the assessment your trainer will get baseline information about your fitness level. The assessment will be between 30-60 minutes.

HALF HOUR SESSION: \$15
SINGLE SESSION: \$30
THREE SESSIONS: \$80
FIVE SESSIONS: \$125
TEN SESSIONS: \$200