



inspire
motivate
support

our approach

Like great coaches, the best trainers know that the study of movement can convey useful lessons of life; from an increase in confidence and self-esteem to improved discipline and focus. Our trainers not only show you how to use the machines, they also teach you how to exercise properly to achieve your goals, how to prevent injury and how to progress in your program.

expect results

- Increase metabolism
- Have more energy
- Lose or gain weight
- Increase your quality of life
- Get the motivation and inspiration you need to stick with your program and meet your individual goals
- Find out how to get maximum results with a minimal amount of exercise time
- Reach optimal performance levels
- Reduce stress
- Learn to enjoy your exercise routine

appointments

A Y Personal Trainer can help you meet your fitness goals, please feel free to contact them directly. Should you have questions as to which trainer would best suit your fitness needs, please contact our Senior Program Director to find the trainer that would work best for you.

payments

Payments for Personal Training sessions can be taken at the Y Welcome Center. The Welcome Center will accept cash, check, or credit card. Payments can be made in person or over the phone. Please bring a copy of your payment receipt to your first session.

robin chambers

Senior Program Director
507.287.2260 x 332
robinc@rochfamy.org

Achieve your fitness goals
with our Nationally Certified
Personal Trainers.



Y PERSONAL TRAINING
We build strong kids, strong families, strong communities.

Rochester Area Family Y
709 First Avenue SW . Rochester, MN 55902
507.287.2260 . www.rochfamy.org

session pricing

We suggest you obtain a physician's release prior to beginning activity. All information is kept in strict confidence. Members are allowed to purchase packages, Non-Members will be charged as noted below.

member packages

- \$20.00 for 30 minutes
- \$40.00 for one hour
- \$108.00 for three hours
- \$170.00 for five hours
- \$320.00 for ten hours

non-member packages

- \$30.00 for 30 minutes
- \$60.00 for one hour



fitness assessments

Fitness Assessments are a great way to find out where you are at now. We call it your "baseline". This will help your trainer start your program and it will help highlight any safety concerns as well. We suggest that you do a Fitness Test periodically, every 3-6 months, so that we can monitor your progress. This also will give your trainer valuable information in order to provide suggestions for program progression.

testing includes:

- Height/Weight
- Resting Heart Rate/Blood Pressure
- Ab Crunch and Push-Up Test
- Predicted Maximum Heart Rate
- Target Heart Rate
- Skinfold Calibration (body composition)
- Body Measurements
- Flexibility Test

\$20.00 for the entire test by appointment

\$10.00 for only measurements & body comp.

meet our trainers



kirk thomas

kirt@rochfamy.org
507.287.2260 x 355

NSCA-CPT * CMT * CSFI * HFS * AASDN NS

- Honors graduate of Minnesota School of Business, Health and Fitness Specialist
- Certified Personal Trainer with the National Strength and Conditioning Association
- Certified Senior Fitness Instructor
- Certified Master Trainer
- American Academy of Sports Dieticians and Nutritionists Nutritional Specialist
- Specializing in personal program design, total body conditioning, & sports specific periodization training



ben chambers

benc@rochfamy.org
507.287.2260 x 348

NSCA - CSCS

- Four year B.S. Degree in Exercise and Sport Science; minor in Recreation Sports Management and a coaching certificate from the University of Wisconsin
- National Strength & Conditioning Association Certified Strength & Conditioning Specialist
- Experience with training people of all ages
- Specialized training with Seniors, Youth, and individuals with special needs
- Aquatic Fitness Personal Trainer

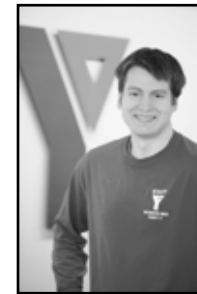


jana janosik

janaj@rochfamy.org
507.287.2260 x 349

AFAA-PFT * NASM-CPT * CES

- Certified Personal Trainer with the Aerobics and Fitness Association
- Certified Personal Trainer with the National Academy of Sports Medicine
- Y Certified Strength and Conditioning
- Corrective Exercise Specialist through NASM



kevin rivers

kevinr@rochfamy.org
507.287.2260 x 357

NSCA-CPT * HES

- Certified Personal Trainer through National Strength and Conditioning Association
- Honors Graduate of Minnesota School of Business, Health and Exercise Science
- Currently pursuing NETA Certification



kristy badger

kristyb@rochfamy.org
507.287.2260 x 352

NSCA-CPT * HES

- Certified Personal Trainer with the National Strength and Conditioning Association
- Graduate of Minnesota School of Business, Health and Exercise Science
- Y Certified Strength and Conditioning



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