

Benefits of a Personal Trainer

- A qualified and properly trained personal trainer can help you safely start and maintain an effective exercise program.
- A personal trainer will understand your fitness goals and help you achieve them.
- A personal trainer can be a great source of motivation and encouragement, as well as a resource for the latest objective health and fitness information.
- He or she can also help you fit exercise into your busy schedule and teach you how to make the most out of your time in the gym.

"I've lost weight (45 pounds) and inches (3 sizes), but what I didn't expect was to gain the knowledge and confidence to continue beyond the sessions."

"My trainer found a way to strengthen one of my shoulders which had troubled me for years."

"Before we started working together I had to take breaks from practicing flute, in pain. Now I warm up with movement and stretches and I can finish the whole session without stopping."

We are for Healthy Living.

Our programs provide resources and guidance to maintain or improve physical activity, health and wellness.

Let us help you reach your health and fitness goals!



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PERSONAL TRAINING



WOODFIN YMCA
40 N. Merrimon Ave, Suite 101
Asheville, NC 28804
828 505 3990
ymcawnc.org



MEET OUR TRAINERS

Libby Mitchell —

NETA Certified Personal Trainer
 Healthy Living Coach Level II
 Competitive runner and outdoor athlete
 Specialties: Working with various fitness levels.
 5 years of experience in the fitness industry

Benjamin Lemke—

Integrated Fitness Trainer, Rank 1
 C.H.E.K. Holistic Lifestyle Coach Level II
 Healthy Living Coach Level II
 Functional Movement Screen Specialist
 Certified Cellular Exercise Instructor
 3 years experience in the fitness industry

Blake Crossover—

B.S. in Health Promotion & Minor in Exercise Science
 NETA Certified Personal Trainer
 Diabetes Prevention Program Lifestyle Coach
 LIVESTRONG at the YMCA Instructor
 Healthy Living Coordinator
 Specialties: Injury Prevention & Rehabilitation
 15 years of experience in the fitness industry

Jessica Medlin—

ACE Certified Personal Trainer
 Certified TRX, Spinning, & HIIT Instructor
 Certified Healthy Running Coach
 Specialties: Body Weight & Boot Camp Style
 8 years of experience in the fitness industry

Copland Arnold Rudolph—

M.A. in Body-Centered Counseling Psychology
 Certified AFAA Personal Trainer
 Certified AFAA Group Fitness Instructor
 Focus areas: Tabata, Athletic Conditioning,
 Shockwave, TRX, Bosu Strength, and Group Cycle.
 20 years experience in the fitness industry

Tanya Neplioueva—

Registered Yoga Teacher
 E-RYT 200, RYT 500
 Licensed Massage and Bodywork Therapist
 NC LMBT #13147
 Moving for Better Balance Instructor
 Specialties: Ashtanga & Therapeutic Yoga

Jackaline Stallings—

Registered Yoga Teacher RYT 500
 Certified Therapeutic Recreational Specialist (CTRS)
 License Recreational Therapist (LRT) since 1987
 LIVESTRONG at the YMCA Instructor
 Specialties: Therapeutic Yoga
 8 years experience in yoga

WOODFIN Y PERSONAL TRAINING

See our Personal Training Rates below:

# Of People	1 Session	6 Sessions	12 Sessions
1	\$60 Total	\$330 Total \$55 per hour	\$600 Total \$50 per hour
2	\$66 Total \$33/hour/ per person	\$360 Total \$30/hour/ per person	\$675 Total \$28/hour/ per person
3	\$75 Total \$25/hour/ per person	\$415 Total \$23/hour/ per person	\$795 Total \$22/hour/ per person
4	\$88 Total \$22/hour/ per person	\$480 Total \$20/hour/ per person	\$915 Total \$19/hour/ per person

See a Healthy Living Coach or Membership Engagement Representative to sign up or for more information.

WHY PERSONAL TRAINING?

Our personal trainers are highly educated and experienced and are available to help you reach the next level in your fitness goals.

We understand that sometimes taking that first step to wellness can be the most difficult. That is why our certified personal trainers are here to guide, educate, and encourage you to reach your fitness goals. Whether that goal is to lose weight, tone up, run a marathon, or just feel better about yourself, our trainers will ensure that you get the most out of every workout. Your personal trainer is committed to helping you achieve your goals.

Together we can!

