FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PERSONAL TRAINING

Summer 2015






What to expect working with a trainer:

- Customized workout designed for your specific needs.
- Learn proper exercise forms & techniques to reduce injury.
- Receive the motivation & guidance needed to assist in achieving your goals.
- Challenge yourself by learning new exercises.

Personal Training (Group or Private)

Up to 3-people per package/group

Packages	30-Mins	60-Mins
1-Session	$45	$60
3-Sessions *(5% Saving)*	$129	$171
6-Sessions *(10% Saving)*	$243	$324
12-Sessions *(20% Saving)*	$432	$576

Pilates Training (Group or Private)

Up to 3-people per package/group

Packages	30-Mins	60-Mins
1-Session	$56	$75
3-Sessions *(5% Saving)*	$161	$214
6-Sessions *(10% Saving)*	$304	$405
12-Sessions *(20% Saving)*	$540	$720

For more information contact:
Maryam Faresh, Healthy Lifestyles Director
818-845-8551 x348 or Maryam@burbankymca.org

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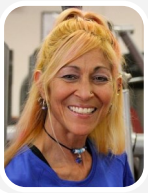
MEET YOUR TRAINERS



Emmery Thompson

NASM Personal Trainer / NASM Sports Performance Enhancement Specialist

I am passionate about helping others through a supportive, enjoyable, yet challenging workout environment. Whether you want to lose weight, tone up, or gain muscle, I can tailor a fitness program fit to your needs. I am known for mixing up the workouts. We will move from room to room and even head outdoors. I promise you will never get bored!



Jacqueline Licciardi

ACE Certified Personal Trainer / ACSM Certified Fitness Coach

I was a member before I became a Burbank YMCA employee. When I first joined I was 40 lbs. overweight and very depressed. With the help of the Y, I lost weight, gained confidence, and established a better sense of control over my life. Since then I have become a group fitness instructor and a certified personal trainer. I have walked in your shoes, and now my goal is to make sure you reach your goals, just as I have.



Ann Howard

AFAA Certified Group Exercise Instructor, Kickboxing, and Personal Training

I have been a Burbank YMCA member since 1996 and a certified group exercise instructor since January of 2009. I enjoy helping members have effective exercise experience through proper form and follow through. I also enjoy finding creative ways to exercise each muscle group while being pro-active to gently work & stretch injured areas. And best of all I find it very valuable to end each workout with an assisted stretch.



Patrick Beck

Certified CrossFit Trainer

My goal for each and everyone of my clients is physical independence. In life we have to be ready for any type of situation which is why you have to constantly vary your workouts. I stress safety, functionality, and intensity. Each work out will be timed and recorded so you can track your progress and always have a goal to work towards. Let's work together to find your level of excellence.



Jeremy Shelton

ACT Personal Training / Texas Yoga Institute / TRX Training

My goal as a fitness trainer is to motivate, inspire, and encourage you to reach your full potential. I will use your background, goals, and exercise experience to customize a workout that will make you feel and look great! I have a B.S. degree in Education which makes teaching very natural. I also have a 4 years of experience as a college level athlete and over ten years of experience as a certified yoga instructor.



Carrie Lee

Certified Pilates Instructor / Pre and Post Natal Training

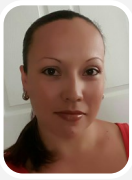
During our training session you will learn Pilates movements modified specifically to your body and health goals. I will help you strengthen your core and stability, gently recover after injury, and adjust your posture to benefit your everyday life. All levels and ages are welcome to join me in a positive learning environment! Additional certification include "Anatomy, Biomechanics, Posture Analysis", and "Gluteals & Their Link to Low Back Pain."



Marina Tanian

NASM-Personal Trainer / TRX Training / Kickboxing / Insanity

15 years of experience in Strength Training, Yoga, Functional Training, High Intensity Interval Training, and Aerobics. As a professional trainer, she develops and customizes integrated training plans for her clients, combining elements including flexibility, cardiorespiratory, core, balance, plyometric, SAQ (Speed, Agility, Quickness), and resistance in fully customized training schedules. Her training plans are ideal for clients who are interested in weight loss and management.



Nidia Reyes

ACE Certified Personal Trainer / NASM Weight Loss Specialist / Urbankick

I started going to the YMCA with the main goal of adopting a healthier lifestyle. I ended up losing over 30 pounds in the process. Now my goal there is to teach others to do the same thing. I will not only provide you with a workout that will burn calories, build strength, and get you toned, but one that will also help you gain confidence and love yourself through fitness and nutrition. I will assist you in achieving your goals and provide you with a workout that you will truly enjoy.