



**LET'S GET STRONGER TOGETHER**



**Personal Training Fees**

<b>1 Session</b>	<b>\$38</b>
<b>2 Sessions</b>	<b>\$76 (\$38 ea)</b>
<b>3 Sessions</b>	<b>\$114 (\$38 ea)</b>
<b>6 Sessions</b>	<b>\$216 (\$36 ea)</b>
<b>12 Sessions</b>	<b>\$420 (\$35 ea)</b>
<b>18 Sessions</b>	<b>\$615 (\$34 ea)</b>

**You Get:**

- One-on-one attention from Certified Personal Trainer
- Sessions scheduled based on your availability
- Boost motivation and guidance on where to begin
- Incorporate new technique
- Freshen workout program through variety
- Enhance overall fitness
- Address muscle imbalances or injured areas
- Improve exercise consistency
- Train for specific event
- Get more done in less time
- Focus on specific fitness goals
- Improve flexibility and balance

Kandiyohi County Area Family YMCA  
1000 Lakeland Drive SE  
PO Box 757  
Willmar, MN 56201

Phone: 320-222-9622  
Fax: 320-222-7197  
Email: [leslieh@kandiyymca.org](mailto:leslieh@kandiyymca.org)

**Personal Training Policies:**

- Advance purchase required for all sessions
- Sessions expire one year from date of purchase
- 24-hour cancellation notice required to avoid session charge
- NO REFUND for sessions
- Sessions are 60 minutes in length
- Available to members only
- Medical clearance is required



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**STRENGTHEN YOUR MIND & BODY**  
with Personal Training at the YMCA!



**DEDICATION  
MOTIVATION  
ACCOUNTABILITY**

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**KANDIYOHI COUNTY AREA FAMILY YMCA**



## Jess Neal Personal Trainer

Hi, I'm Jess. I have been working at the Y since 2016. I am currently working as a Gymnastics Coach, Fitness Instructor, and a Personal Trainer. I use a wide variety of equipment to create a workout that is functional and FUN! If you are ready to begin the next phase of your fitness journey I am here to help. Schedule your consultation with me today!

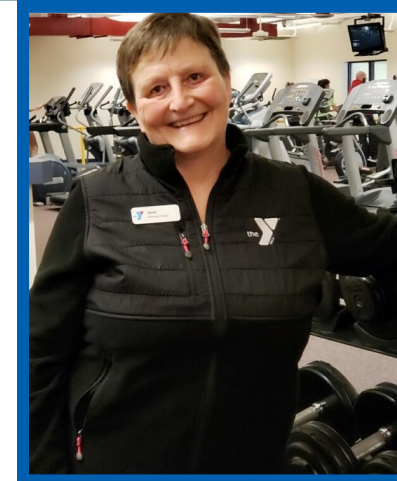
- ◆ NETA Certified Personal Trainer
- ◆ ASHI Certified CPR, AED, and Basic First Aid
- ◆ YMCA Fitness Instructor
- ◆ YMCA Gymnastics Coach



## Greg Loerzel Personal Trainer

Hi, I'm Greg. With 11 Years of experience as a personal trainer, I believe in creating a personalized and challenging program geared to accomplishing your goals. I look forward to helping you become a better version of yourself.

- ◆ Bachelor of Science in Electrical Engineering
- ◆ ACE Certified Personal Trainer
- ◆ ACE Strength and Conditioning Certification
- ◆ ASHI Certified CPR, AED, Basic First Aid.



## Janel Rodahl Personal Trainer

I am passionate about fitness and helping people of all ages and abilities to reach their fitness goals and be their best selves!

- ◆ Bachelor of Arts Degree  
University of Minnesota
- ◆ NETA Certified Personal Trainer
- ◆ ASHI Certified CPR, AED, Basic First Aid
- ◆ License in Coaching and Education
- ◆ NETA certification in strength and conditioning
- ◆ 2019 Senior Olympics Qualified
- ◆ 1990 Girls track Coach of the year
- ◆ 1979 Nationally recognized in basketball