

## Personal Training is for those who:

- Are seeking extra help getting started on a fitness program and staying motivated to reach fitness goals
- Want to learn advanced training techniques or get more out of their exercise program
- Want sports-specific athletic training
- Have special needs including those with injuries or specific limitations
- Want to see Improvements in strength, flexibility, cardiovascular endurance, muscle definition, body composition, agility, and balance

### A Personal Trainer

is a certified fitness professional dedicated to helping others achieve their fitness goals and design personalized workouts .

- Fitness Assessments and health history interviews are complimentary.
- All sessions are purchased at the YMCA front desk.
- All sessions are void six months after date of purchase.
- All sessions are transferrable, however, no refunds.
- 24 hour cancellation prior to session is required.



**Personal Training Rates:  
One hour individual  
session: \$20**

Non-member price \$40/session in addition to the daily guest fee. At the end of 4 weeks, a YMCA membership is required to continue personal training.

**YMCA Phone: 336-625-1976  
[www.randolphasheboroymca.com](http://www.randolphasheboroymca.com)**

## Personal Training



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

**Randolph-Asheboro YMCA**

# Personal Training Staff



**Dana Antoniou**

**Certification:** International Fitness Trainers of America (IFTA) Yoga & Pilates

**Specialties:** Yoga, Pilates, Breath Work, & Meditation Training to heal the body, prevent injuries, and develop strength & confidence.

Contact: (336) 847-2714



**Anna Bigelow**

**Certification:** ACE (American Council on Exercise) Personal Trainer

**Specialties:** Running, Strength and Endurance Training, Flexibility and Stretching through Yoga and Race Training.

Contact: (336) 708-0213



**Ken Brady**

**Certification:** IFTA Personal Training (International Fitness Trainers of America), IFTA Indoor Cycle Instructor, Kettlebell Instructor Certification

**Specialties:** Running, Strength and Endurance Training

Contact: (336) 963-1010



**Amy Coble**

**Certification:** International Fitness Trainers of America (IFTA) Personal Trainer

**Specialties:** Total Body Toning and Cardio Training

Contact: (336) 963-2201



**Scottie Fonville**

**Certification:** International Fitness Trainers of America (IFTA) Personal Trainer

**Specialties:** Strength Training, Muscle Conditioning, Speed and Agility, Small Group Training, Athletic Performance

Contact: (336) 953-3689



**Erin Jeffreys**

**Certification:** International Fitness Trainers of America (IFTA) Personal Trainer

**Specialties:** Weight Loss, Functional Fitness, Weights for Women, Core Strengthening, Total Body Conditioning

Contact: (336) 460-4713



**Gary Leach**

**Certification:** IFTA Personal Training (International Fitness Trainers of America)

**Specialties:** Beginning Weight Training (youth and adult) as well as General Strength and Weight Training and Small Group Training.

Contact: (336) 953-7147; gdleach63@gmail.com



**Karen Kiser-Kling**

**Certification:** International Fitness Trainers of America (IFTA) Personal Trainer

**Specialties:** Weight Training and Cardio Conditioning, Weight Management, Women and Weights, Functional Training, Senior Fitness

Contact: (336) 267-6232



**Ashton Ridge**

**Certification:** ACE Personal Trainer & ACE Orthopedic & Rehab Exercise Specialist

**Specialties:** Strength Training, Weight Loss, Body Re-Composition, Functional Fitness, Orthopedic & Corrective Exercise.

Contact: (336) 953-9709;  
ashtonridge27@yahoo.com



**Keke Spinks**

**Certification:** International Fitness Trainers of America (IFTA) Personal Trainer

**Specialties:** General Strength Training and Cardio Conditioning

Contact: (336) 736-0642



**Stacy Ulrick**

**Certification:** International Fitness Trainers of America (IFTA) Personal Trainer

**Specialties:** Weight Training and Cardio Training, Running Conditioning, and Racquetball

Contact: (336) 963-5372



For questions or to schedule a training session, contact the trainer of your choice directly. Workout sessions will be scheduled during mutually agreeable times.