

Personal Training

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
- 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

One hour individual session: \$30

All sessions are purchased at the
YMCA front desk.



Randolph-Asheboro YMCA
336-625-1976

**Jean Carlos
Pena**

Text to set up
appointment
786-469-1013



Qualifications: Bachelor's Degree in
Physical Education

Specialties: General Strength &
Weight Training, Cardiovascular
Conditioning, Weight Management,

A Personal Trainer

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

- All sessions are purchased at the YMCA front desk.
- Sessions will be scheduled during mutually agreeable times.
- 24 hour cancellation prior to session is required.
- Fitness assessments and health history interviews are complimentary.