A new member? All new members get one free training session.

**Meet your instructors**

**Vickie Leavens: Ace certified personal trainer**
My passion is helping clients find more peace, comfort and freedom within their own body. I create a unique and holistic coaching experiences that empowers my clients to make physical and lifestyle changes to enhance their personal, professional and emotional lives. My passion is working with older adults, special populations, injury/fall prevention, cardio endurance programs and weight management.

**Jennifer Underecht: Ace certified personal trainer**
Fitness is meant to be fun for a lifetime! I have been working in the fitness industry since 1989 and am passionate about my clients’ success in achieving their fitness goals as well as helping them live a healthy, pain-free life. My goal is to help each individual enjoy his/her time “in the gym” while working to achieve their personal fitness goals. I am a huge proponent of safe, efficient and functional movement. I emphasize proper form with all of my clients as it is absolutely essential in preventing injuries.

**Joi Ross: Small group/Fitness coach**
I am passionate about helping America beat the raging obesity epidemic one client and one step at a time. I will work hard to help you achieve your fitness and weight loss goals by providing a fun and supportive atmosphere to get the job done.

**Katie Miller-LaFon: Small group/Fitness coach**
I thrive on both challenging the athlete, as well as introducing people to the fitness world. Together we can design a program that is both fun and challenging.

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### Beginning Fitness
**Goals:** To improve posture 
- adapt to exercise
- strengthen postural muscles
- improve stability / increase mobility

<table>
<thead>
<tr>
<th>Member rate</th>
<th>Non-member rate</th>
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<tbody>
<tr>
<td>2x/wk. $240.00</td>
<td>2x/wk. $480.00</td>
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<tr>
<td>2x/wk. $120.00</td>
<td>2x/wk. $120.00</td>
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**Functional Fitness and Mobility**
**Goals:** Learn fundamental movements (squat/lunge/push/pull/rotation) 
- create stable mobility
- improve stability / increase mobility
- Learn proper sequencing of movement

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<thead>
<tr>
<th>Member rate</th>
<th>Non-member rate</th>
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<tbody>
<tr>
<td>2x/wk. $360.00</td>
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<tr>
<td>2x/wk. $180.00</td>
<td>2x/wk. $360.00</td>
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**Moderate/Advanced Fitness**
**Goals:** Traditional strength training 
- muscular endurance
- strength, max Strength
- muscular force production

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<tr>
<th>Member rate</th>
<th>Non-member rate</th>
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<tr>
<td>2x/wk. $480.00</td>
<td>2x/wk. $960.00</td>
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<tr>
<td>2x/wk. $240.00</td>
<td>2x/wk. $480.00</td>
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**Small Group Fitness**
**Goals:** Learn fundamental movements 
- squat/lunge/push/pull/rotation
- create stable mobility
- improve stability / increase mobility
- learn proper sequencing of movement

- Hour long sessions only

**You can also:**
Purchase by the session

<table>
<thead>
<tr>
<th>Member rate</th>
<th>Non-member rate</th>
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<tbody>
<tr>
<td>$30.00 per 1 hour session</td>
<td>$30.00 per 1 hour session</td>
</tr>
<tr>
<td>$15.00 per mini session 30 minutes</td>
<td>$15.00 per mini session 30 minutes</td>
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</table>
Do you have everything it takes to get in shape but lack Motivation?

Are you someone that needs strong personal motivation, such as a training partner counting on you to get to the gym each day?

Would you get more from your workouts if someone took you through every exercise every time you came to work out?

Are you the type of person that just doesn’t want to think when you’re at the gym and would do better in your workouts if someone motivated and guided you through every step from the time you got to the gym until you went home?

If the answer is YES then you may be perfect for the YMCAs’ one-on-one coaching or personal training program!

ANCHORAGE COMMUNITY YMCA
5353 LAKE OTIS PKWY
ANCHORAGE ALASKA 99507
PHONE: (907) 563-3211
FAX: (907) 563-5739
YMCAALASKA.ORG

Plan your attack
Attack your plan

Physical Activity and Public Health:
Updated Recommendation for Adults From the American College of Sports Medicine and the American Heart Association.

Aerobic activity:
30 minutes – 5 days/week
Moderate intensity exercise (walking)
20 minutes – 3 days/week
Vigorous intensity exercise (jogging)
Strength Activity: 8 – 10 exercises
2 days/week

Get one free personal training Session when you sign up for a membership

PLAN YOUR ATTACK
ATTACK YOUR PLAN

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