



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SMALL GROUP PERSONAL TRAINING

## Group Descriptions

### WEST SEATTLE & FAUNTLEROY

#### TRX SUSPENSION TRAINING

New to TRX suspension training? Join Megan (WS) and Colleen (FL) to get in on a great new total body conditioning program. Challenge yourself with this fast paced workout combo of cardio drills and TRX-- a unique training tool used to build muscle using your own body weight. You will engage all your muscles to promote strength, mobility, flexibility and endurance. This fun, fast paced class will keep you challenged and seeing results in just 6 short weeks! Megan has a BS in Exercise Science and is a certified personal trainer through the American College of Sports Medicine (ACSM). She is passionate about helping people reach their goals and enjoying themselves every step of the way. Colleen is a ACE Certified Personal Trainer who has been at it for the past 7 years. Colleen believes that everyone works at their own level toward their own goal.

#### COUCH TO 5K

Have you noticed all the runners in Seattle and thought "I would like to give that a try but where do I begin?" If so, this is the group for you! Designed for 3-5 novice runners who would like to start training for their first 5K (3.1 mile race), this group will teach you about proper footwear, dealing with aches and pains, stretching, and training to run a full 3.1 miles. The group will culminate with The March Fourth Fun Run that benefits Leukemia Lymphoma Society.

#### STRENGTH TRAINING FOR WOMEN

Geared toward women who are concerned about osteoporosis, a disease that weakens bone. Women have up to 20% bone density loss in the first 5 years post menopause. Carol is an ACE certified trainer that will help you feel comfortable starting a weight training routine and show you how to correctly lift weights. Carol will work with you in the cardio room and free weight room.

#### WANT TO BUILD SOME MUSCLES?

Join Kent, ACE Certified trainer, for a challenging class designed for those who want to build both strength and muscle mass. Kent will design a variety of workouts using free weights, medicine balls, and TRX suspension straps. Participants will learn safety, technique, and myths verses truths of weight training. Get ready to change up your same old routine by joining Kent for a powerful and rewarding workout!

#### LADIES SPRINTS & STRENGTH WITH COLLEEN @ FAUNTLEROY

This program is suitable for individuals who want to have fun while looking to improve their endurance, gain strength, lose weight, add definition, and create friendships while succeeding! Colleen is a ACE Certified Personal Trainer who has been at it for the past 7 years. Colleen believes that everyone works at their own level toward their own goal. She provides a variety of exercises so each participant feels challenged and accomplished. She leads this group indoors at the Fauntleroy YMCA. Weather permitting, participants will venture out of doors around the facility. Be prepared with good shoes, and a water bottle.

#### WHO YOU CALLIN' MIDDLE AGED?

Geared toward women age 45+ who want to improve their overall strength/conditioning, experience camaraderie at the gym and have fun while doing it. The women in this group desire weight loss, event preparation and improved fitness. Lead by the out-going and always inspirational Barb, an ACE Certified Personal Trainer, who is over 50 herself. Barb does her best to mix it up, by providing functional strength training with a variety of weights, resistance bands, and various kinds of balls. She offers "No Impact Required" cardio intervals, interspersed with stair climbing, fast walking, and calisthenics.

*(over)*

WEST SEATTLE YMCA  
4515 36th Ave SW, Seattle, WA 98126  
P 206 935 6000 westseattleyymca.org

FAUNTLEROY YMCA  
9140 California Ave SW, Seattle, WA 98136  
P 206 937 1000

Everyone is welcome. Financial assistance is available. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility.

### **HILL AND INTERVAL TRAINING FOR RUNNERS**

This running class is a broad based class that will include all experience ranges, from novice to experienced. Molly is an ACE certified Personal Trainer and an experienced runner. She has competed in half marathons as well as long distance relay racing. The class will include individualized & specialized strength training, hill running, speed work, track work, and mileage logging. If you are just entering your first 5k dash or if you are trying to improve your marathon time, this class will help you achieve your goals.

### **Y WOMEN'S CHALLENGE**

Are you ready to challenge yourself beyond your regular routine? This class is suitable for women of all fitness levels. Barb, an ACE certified personal trainer, provides fun, entertaining workouts that will challenge you. Workouts will include strength training and cardio intervals. This small group is a great way to meet other women striving to improve their fitness too.

### **YOGA WITH TRACY @ FAUNTLEROY**

An opportunity to delve deeper into yoga than is often possible in our large group classes. Small group participants will set the course for our work based on their interests and curiosities. Together, we will craft our practice to meet each person's needs and to enrich everyone's experience of this ancient teaching.