



## MONROE COUNTY YMCA

**SOUTHEAST BRANCH**  
2125 South Highland Avenue  
Bloomington, IN 47401  
812-332-5555

**NORTHWEST BRANCH**  
1375 North Wellness Way  
Bloomington, IN 47404  
812-331-5556

Questions? Contact Amy Plunkett  
812-961-2364 or email  
aplunkett@monroecountymca.org.

For class descriptions and more  
program information, see program  
catalog or monroecountymca.org

## PERSONAL TRAINING Northwest and Southeast Branches

Having a personal trainer means connecting with a fitness professional who is committed, educated and caring. Each of our trainers possess the knowledge, skill and ability to design a safe and effective exercise program for you to reach your individual lifestyle goals:

### Enhancing overall well-being

- Cardiovascular
- Strength
- Flexibility
- Endurance

### Specific training methods

- Water
- Sports specific
- Free weights
- Balance
- Functional (bands, balls, etc.)

### Management of body weight through

- Accountability and consistency
- Personal workout plan

### Interested in a Personal Trainer?

Great! A one-time consultation with a Personal Trainer is free for all members. This consultation will include a discussion with a trainer to discuss your wellness goals, concerns, issues and ideas for creating your personal plan.

### Ready to Start Personal Training?

We offer a variety of training packages which include 1 month, 3 month and 6 month increments. You can further customized your package by choosing a 30 or 60 minute training session. Your trainer will take you through the training packages in greater detail during your free personal trainer consultation.

For further inquiries please contact Amy Plunkett, Fitness Director at 812-961-2364 or [aplunkett@monroecountymca.org](mailto:aplunkett@monroecountymca.org).

\*Program must be paid in full at the time of activation or EFT from a credit card or checking account must be setup for payment prior to training.

#### Please Note:

- You must be a member to sign up for personal training.
- All sessions must be used within 6 months of purchase.
- No transfers.
- Cancellations incur a \$15.00 service fee.