

Fort Mill/Gold Hill Personal Training Programs—September 2009

Program/ Instructor	Program Description	Cost	Member Information	Important Program Registration
Personal Training <i>Various Instructors</i>	One on one fitness training with a nationally certified trainer. Our goal is to evaluate, motivate, and educate anyone who desires the extra edge personal training offers.	1 session \$50 sessions \$230 10 sessions \$420	For more information or to set up a consultation, Contact Beth Klipa @ eklipa@comporium.net or 803-448-1732	This program is available on an ongoing basis. <i>Fort Mill and Gold Hill Locations</i>
Team Training (2 or more people/group) <i>Various Instructors</i>	The same programming as personal training with in a small group setting. Stay accountable, save money, and build relationships through this training method that is taking the fitness world by storm!	Partner Training 5 sessions \$175/person 10 sessions \$310/person 3-4 Member Rate 2x/week \$200/month 3x/week \$230/month 5 and up member rate 2x/week \$120/month 3x/week \$150/month	For more information or to set up a consultation, Contact Beth Klipa @ eklipa@comporium.net or 803-448-1732	This program is available on an ongoing basis. <i>Fort Mill and Gold Hill Locations</i>
Metabolic Makeover <i>Beth Klipa Cheryl Gard Kristi Kruff Terri Carr John Adams Amy Staats Sue Sherer Patti Greene Jay Thompson Bethany Bernesser Brenda Marshall</i>	A 12 week course that includes personal training 3x/week. Exercise accountability, food journaling, grocery store tours, and exercise programming are key to the success of your experience	\$375 Members \$425 Non-member for 36 PT sessions + \$15.00/ manual fee	Wear comfortable clothing (shorts-T-shirt) proper tennis shoes. Manual provided bring a pencil.	Mandatory Meeting on Saturday September 12 th at 9:00am. Classes begin the week of September 14 th . M-W-F 5:30am/8:00am/8:30am/9:30am/ 10:30am/4:30pm and T-Th-S at 5:45am/8:30am/9:30am 5:30pm and 6:30pm (Saturday courses are at 8:00 or 9:00am.) <i>Fort Mill Location 8:00am-Gold Hill Location</i>
SurVyvor School AKA—Boot camp <i>John Adams</i>	This 6-week course is designed for the fitness enthusiast who's ready to take it to the next level! Equipment use consists of dumbbells, tubing, tire drills, and a climbing wall.	\$129	Appropriate (outdoor) work-out clothing/shoes.	<i>T/Th @ 6:00am- Fort Mill location Beginning September 8th</i>

Fitness Express Jay Thompson Bethany Bernesser Beth Klipa	A 6 week introductory course to strength training. Includes weight training, cardiovascular training, periodization, nutrition, a weekly training session with a nationally certified Personal Trainer, and an exercise plan for the rest of your week.	\$89 members \$109 Non-members	Wear comfortable clothing (shorts-T-shirt) proper tennis shoes. Manual provided bring pencil.	<i>Course begins October 7th or 8th</i> TIMES/DAYS AVAILABLE <i>Wednesdays at 8:45am or 10:45am Fort Mill Location or Thursdays at 7:00pm Gold Hill Location</i>
Yoga Therapy Terri Carr	An 8 week that will provide a comprehensive healing environment in a small group setting for individuals with chronic musculoskeletal disorder, post rehab, or de-conditioned. Includes meditation, group sharing, breathing and meditation and therapeutic yoga postures. Uses Hatha yoga as the primary yoga practice.	\$119/members \$139/non-members	Wear comfortable work-out clothing and yoga mat (optional)	<i>Meets M/W from 2-3pm</i> 3 Sessions Available: <i>August 24- September 18 (no class on Labor Day) September 21- October 14 October 10- November 11</i>
Fitness 101 Beth Klipa Brenda Marshall	Fitness 101 is a course designed for anyone serious about getting leaner, stronger, and in shape once and for all. This course will give information you need to meet your fitness goals in the safest and most effective way. Addressing issues such as proper breathing, range of motion, speed of motion and exercise selection, this is a must have course for those wishing to succeed in the quest for physical excellence. The cost is FREE, but so that we may adequately prepare, please register at the front desk of the Fort Mill YMCA.	\$5.00	Wear comfortable work-out clothing, proper tennis shoes. Manual provided bring a pencil.	<i>3rd Saturday of each month at 9am. Meets at the Fort Mill YMCA</i> <i>September 19 October 17 November 21</i>

For more information on any of our personal training programs, please contact Beth Klipa at eklipa@comporium.net.

Metabolic Makeover Special Pricing for Comporium Communications Employees

I. Class description, pricing, details for YMCA Members:

Metabolic Makeover <i>Beth Klipa Cheryl Gard Kristi Kruff Terri Carr John Adams Amy Staats Sue Sherer Patti Greene Jay Thompson Bethany Bernesser Brenda Marshall</i>	A 12 week course that includes personal training 3x/week. Exercise accountability, food journaling, grocery store tours, and exercise programming are key to the success of your experience	\$375 Members \$425 Non-member for 36 PT sessions + \$15.00/ manual fee	Wear comfortable clothing (shorts-T-shirt) proper tennis shoes. Manual provided bring a pencil.	Mandatory Meeting o Saturday August 29 ^t at 9:00am. Classes begin the week of August 31 st . <i>M-W-F 5:30am/8:00am/8:30am/9:30am/10:30am/4:30pm and T-Th-S at 5:45am/8:30am/9:30am 5:30pm and 6:30pm (Saturday courses ar at 8:00 or 9:00am.) Fort Mill Location 8:00am-Gold Hill Location</i>
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II. Pricing details for Comporium Communications employees only:

- Course offering for Comporium Communications employees only:
 - ✓ Option 1: 3 classes/week--T/Th/S—early morning/mid-morning/PM groups (*we can work out the exact times of the class with you and what is best for your company*)
 - ✓ Option 2: 2 classes/week—T/Th--- early morning/mid-morning/PM groups (*this format is presently not offered at the YMCA but I've found it works well with company employees---we can work out the exact times of the class with you and what is best for your company*)

- Price adjustments:
 - ✓ 6-7 participants—10% discount—savings of up to \$37.50/course
 (3x/week-36 sessions = \$337.50; 2x/week-24 sessions = \$269.00)
 - ✓ 8-9 members—15% discount—savings of up to \$56.00/course
 (3x/week-36 sessions = \$318.75; 2x/week-24 sessions = \$254.15)
 - ✓ 10 or more members—20% discount of a savings of \$75.00/course
 (3x/week-36 sessions = \$300; 2x/week-24 sessions = \$239.25)

*Savings reflects employees with YMCA membership. Those employees without membership save an additional \$50/course since non-member fees have been waived for Comporium Communication employees (see table above). In addition to the above pricing, there is a \$15.00 manual fee. The savings % will be applied to the total amount of the manual.

PLEASE NOTE:

Reflects savings for Comporium Communication Employees

Reflects total cost of program for Comporium Communication Employees only

