



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PERSONAL TRAINING INFORMATION

Meet The Trainers CHARLOTTE AVENUE

Charlotte Avenue

Contact: Beth Trotter and Nadja Canty,
Personal Trainers and Group Fitness
Coordinators.

Beth Trotter
(704) 261-4020
bethtrotter@upymca.org

Nadja Canty
(803) 517-1401
nadjacanty@upymca.org

Beth Trotter:

ISSA certified personal trainer, 200 hour YTT
certified, Group Fitness Certified.
Specializes in personal and small group training,
strength and conditioning, private or small
group yoga instruction.

Ronnie Goldman Ramon:

AFAA certified, Group Fitness certified.
Specializes in personal and small group
training and strength and conditioning.

Jason Harless:

ACE PT, CrossFit Level 1 Coach, SilverSneakers
Years Fitness Experience Specialty - Guided
Program Design, Mature Populations,
Traditional Bodybuilding

PERSONAL TRAINING PACKAGES

Individual Packages

30 Minute Session-\$30
(1) 60 minute Session-\$50
(5) 60 Minute Session-\$ 230
(10) 60 Minute Sessions-\$420

Group Packages-per person

30 Minute Session-\$25
(1) 60 Minute Session-\$40
(5) 60 Minute Session-\$175
(10) 60 Minute Sessions-\$325