



PERSONAL FITNESS

FIND A PERSONAL TRAINER TODAY!

Breeze through your goals with targeted workouts. Fitness Trainers will create programs specifically for you, and guide you through your daily regimen.



PRICES

SESSION TYPE		Members
30 MIN SESSION		\$28
4 SESSIONS (30 MIN)		\$110
6 SESSIONS (30 MIN)		\$160
12 SESSIONS (30 MIN)		\$312
1 SESSION (50 MIN)		\$57
4 SESSIONS (50 MIN)		\$200
6 SESSIONS (50 MIN)		\$290
12 SESSIONS (50 MIN)		\$515
1 BUDDY TRAINING SESSION (60 MIN)		\$66
4 BUDDY TRAINING SESSIONS		\$242
MISSION FITNESS - LIMIT ONE PER MEMBERSHIP LIFETIME		
MISSION FITNESS (50 MIN)	\$182	4

WE'RE HERE TO HELP YOU SEE YOUR POTENTIAL

Not comfortable with your trainer? Have questions about how to get started?

Contact Terian at tszymczak@ymcactx.org

POLICIES

Cancellation Policy: Personal trainers must contact his/her clients within 24 hours to cancel or reschedule the appointment. Missed appointments without prior contact will not be reimbursed to the client. Members must cancel their appointment within 24 hours or may still be charged for the missed session. We understand that emergencies happen and will take that into consideration. Personal trainers must wait a minimum of 10 minutes for the client to arrive for their scheduled session. After this time frame, personal trainers are not obligated to stay and the client will be charged for the session.

Transfer Policy: Unused sessions may be transferred to another member to be used. Personal trainers may transfer a contract with a client if the personal trainer is not comfortable with the client or the personal trainer believes that the client's needs exceeds his/her qualifications.

Proper Workout Attire: Loose fitting/comfortable workout clothing, closed toe tennis shoes/sneaker, water bottle, and a towel.

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



(512) 615 - 5511
tszymczak@ymcactx.org
YMCACTX.ORG

MEET OUR TRAINERS



KATE DESMOREAUX

ACSM Exercise Physiologist

kateyell@aol.com

Availability: Weekdays 5am-2pm

Location: CHASCO Only

Kate Desormeaux has her Master's degree in Exercise Physiology from LSU. She is a certified ACSM Exercise Specialist, NATA certified Athletic Trainer, and is TRX certified. Her passion is serving people through fitness and rehabilitation. She specializes in the senior population, rehabilitation therapy, proper form and technique in weight training, and metabolic repair/fat loss. She enjoys lifting weights and furthering her education in exercise and nutrition.

Specialty or Focus:

- Senior Population
- Rehabilitation Exercises
- Metabolic Repair/Fat Loss

Other Certifications:

- MBA Exercise Physiology
- NATA Athletic Trainer



ANGIE SANTARELLI

NFPT Certified PT

angiesantarelli@yahoo.com

Availability: Monday - Friday 7am - 4pm

Location: Hutto Only

Angie Santarelli is a Certified Personal Trainer, Group Fitness Instructor and Livestrong Coach with over 20 years of experience. Angie teaches a variety of classes such as TRX, Body Pump, RPM and Bootcamp. She also has a passion for functional training to improve strength, stability and mobility of clients. Whether you are a Cancer Survivor, new to fitness or even an Ironman she has the knowledge and dedication to help you achieve your goals.

Specialty or Focus:

- Training Seniors/Special Populations
- Runners/Tri-athletes
- Functional Training
- Cancer Survivors

Other Certifications:

- LesMills BODYPUMP
- LesMills RPM
- TRX
- SilverSneakers



AKERA WILKERSON

AFAA Certified PT

akerajamel@gmail.com

Availability: Mon.-Fri. Daytime, Wed. evening

Location: Hutto Only

Akera Wilkerson's has 15 years of military service in the US Army. He completed six tours overseas and is now a retired veteran. He has a bachelor's degree in Kinesiology, which is the study of the mechanics of body movement. He is a certified personal trainer with a specialty in strength and conditioning. His motivation for what he does is simple; seeing others succeed. Because of his military background, selflessness has become a valued trait in his service towards others. The YMCA of Central Texas has given him the opportunity to continue to serve his community by helping others achieve their goals, both mentally and physically. If you are looking for someone to challenge and motivate you on your road to fitness, then he is the trainer for you!

Specialty or Focus:

- Athletic Training
- Strength Training
- Endurance



NADYA WATSON

AFAA Certified PT

nadya.watson@gmail.com

Availability: Flexible

Location: CHASCO Only

Nadya Watson is an AFAA Certified Personal trainer, Les Mills Core and Silver Sneakers instructor specializing mainly in small group training. Fitness is her passion and she is devoted to helping people find a sustainable approach to fitness and nutrition. Her main focus is aiming for longevity and wellbeing through strength, stability and cardio vascular training. Constantly researching current industry and integrating different styles of training in both her workouts and her trainer routines helps her and her clients achieve their best.

Specialty or Focus:

- Stability and Core Training
- Cross training
- Athletic performance training

Other Certifications:

- AFAA Group Fitness
- LesMills Core
- Silver Sneakers



JULIA JOHNSON

NASM Certified PT

ralphshamus@yahoo.com

Availability: Variable times (inquire for specifics)

Location: CHASCO Only

Julia is NASM Certified Personal Trainer and has been working in the health and fitness industry, in both clinical and non-clinical settings, for a combined 24 years.

Specialty or Focus:

- Orthopedic Injuries and rehabilitation
- Sports Specific Training
- Martial Arts, Combat Sport Training & Strength and Conditioning
- Functional Movement



FREDERICK LEWIS

NASM Certified PT

lewisfk@gmail.com

Availability: Mainly Evenings (some flexibility)

Location: CHASCO Only

Frederick Lewis, goes by Lewis, is a NASM Certified Trainer and Youth Training Specialist. His passion for fitness began with high school sports and transitioned to his military services. As a retired veteran, he trained and worked with every age group and demographic. His passion is to help people achieve a healthy and reasonable weight. He also enjoys training young athletes so they can succeed at their passions.

Specialty or Focus:

- Youth Training
- Athletic Training
- Strength Technique



KASIE PATTERSON

NASM Certified PT

kasie_patterson@yahoo.com

Availability: Weekdays

Location: HUTTO Only

Specialty or Focus:

- Strength Training
- Nutrition
- Fitness/Sports Performance

Kasie Patterson is a certified personal trainer and nutrition coach. She's a wife and mother to two very active boys. She has over 10 years of experience training/coaching. Her goal is to get people excited about fitness and health. And hopefully, love the gym as much as she does!



NICOLE BRIDGES

ISSA Certified PT

nicol.bridgs@gmail.com

Availability: Flexible Days and Evenings

Location: CHASCO & Hutto

Specialty or Focus:

- Strength Training
- Glute Training
- Exercise Technique

Other certifications:

- LesMills Core
- LesMills Grit
- LesMills Tone
- LesMills Strength Development
- LesMills Pilates

Nicole is a ISSA Certified Personal Trainer and LesMills Instructor. She has a degree in Health and Kinesiology. She has worked in the health industry in clinical settings, she is a group fitness instructor, and a volunteer basketball coach for the YMCA Youth League. She has a passion for fitness and excitement to help others reach their personal fitness goals. She also enjoys working out on her own time. If you are looking for someone to challenge you or get you back on track, she will get you there!



JULIE TALKINGTON

ISSA Certified PT

julie.talkington@gmail.com

Availability: Flexible

Location: CHASCO Only

Specialty or Focus:

- Help others with sustainable lifestyle and behavior changes to achieve their fitness goals

Other Certifications:

- IIN Certified Health Coach
- AFAA Group Fitness
- TRX, Barre, and Spin
- Les Mills RPM
- Queenax

Julie Talkington is a certified Health Coach and Fitness Trainer. She has been helping people improve their lives through better health, wellness, and fitness for over 20 years. Her goal is to help people make sustainable lifestyle and behavior changes. She has been working at the CHASCO Family YMCA since 2004. Julie works with clients individually and in groups. She teaches different formats of classes including TRX and various strength interval style classes. Julie is passionate about helping others reach their goals!



JILL VERRICO

NASM Certified PT

jill.verrico@gmail.com

Availability: Flexible

Location: CHASCO Only

Specialty or Focus:

- Peri-Postmenopausal coaching
- Strength and Conditioning
- Nutrition Guidance
- Youth-Seniors - all levels

Other Certifications:

- NASM Nutrition Coach
- GGS Menopause Speciality Coach
- TRX Instructional Coach
- Group Fitness

Jill worked with her first personal trainer 15 years ago when she joined the CHASCO Family YMCA and was excited by the encouragement, accountability and motivation it provided. She has loved fitness and that special PT/client relationship ever since. A long time member in YMCA classes, Jill recently decided to take the plunge and become an instructor for all of her favorite classes. For her, fitness and nutrition are the ultimate building blocks that make up a healthy lifestyle. No matter your age or fitness level, she can help you find a fun, motivating, and sustainable path to a healthier you. Jill excels at personalized workout plans, developing your confidence in conquering your goals, and pushing yourself beyond your limits.



NICK NELSON

NASM Certified PT

nickfoxphillips@gmail.com

Availability: Flexible

Location: CHASCO Only

Specialty or Focus:

- Sports Coaching
- Program Design
- Sports Clinics

Nick has bachelor's degree in Exercise Science and is knowledgeable about anatomy, physiology, and athlete coaching. He has a passion for sports, competition, and inspiring people to be the best version of themselves.



KATHY SOLANO

NASM Certified PT

katsolano@gmail.com

Availability: Flexible

Location: CHASCO Only

Specialty or Focus:

- All levels of Fitness incl. beginners & seniors
- Form & Technique
- Strength/Muscle Building

Other Certifications:

- Zumba
- Mixfit
- Queenax

Kathy Solano has been a YMCA Trainer for over 4 years. She has the skill set to work with those beginning their health and fitness journey, to those that are more advanced looking for a challenge. She is a strong believer in weight training and cross training and specialize in correct form and technique. In addition to working with beginners, seniors and the conditioned populations, she also enjoy teaching weight training and promoting healthy lifestyles to preteens/teen athletes. She is a firm believer that when it comes to nutrition there is beauty in simplicity.



DANNY JOHNSON

Certified Strength and Conditioning Specialist (CSCS)

Dwjohnson845@gmail.com

Availability: Monday-Friday, variable times

Location: HUTTO Only

Specialty or Focus:

- Individualized program development
- Youth Athletic Training
- Strength and Conditioning

Danny is a Certified Strength and Conditioning Specialist and has been working in the health and fitness industry for more than 15 years.



JAZMINE JENNINGS

NASM Certified PT

jazminenichole32@gmail.com

Availability: Monday-Friday, 8am-12pm

Location: CHASCO & Hutto

Specialty or Focus:

- Individualized program development
- Accommodating chronic illness/pain
- Endurance running

Jazmine is 29, has two beautiful kids and holds health and wellness is the center of her family's life. Her personal passion is trail and endurance running, as it is uniquely challenging and very run is full of surprises! She feels lucky to participate in the activities she does because she also struggles with chronic pain and chronic illness. Jazmine is passionate about making fitness accessible for everyone and helping my clients come up with a routine that will suit their life, be enjoyable, and be sustainable!



DAVE CORNA

NASM Certified PT

dcorna56@gmail.com

Availability: Mondays & Wednesdays

Location: CHASCO Only

Specialty or Focus:

- Senior fitness
- Running
- EGYM

Dave is 68 years old and specializes in Senior Fitness, as he has personally experienced the benefits of being physically active as a senior. Through his passion for running, he has overcome the effects of a sedentary lifestyle and obesity.



MADISON STEFEK

ACE Certified PT

madisonstefek23@gmail.com

Availability: Flexible

Location: CHASCO & Hutto

Specialty or Focus:

- Functional and Strength Training
- Individualized program development

Madison has her Bachelor of Science Health and Fitness Management degree from Texas State University. In December 2023, she obtained her ACE personal trainer certification. She has a passion for fitness and takes pride in helping others attain their fitness goals. She especially enjoys working with teens and teaching them the fundamentals of exercise and weight training. She enjoys learning and working with the modern equipment and is always available to show others how they operate.



MAHMOUD ELHADARY

ExpertRating Certified PT

moelhadary95@gmail.com

Availability: Flexible

Location: CHASCO

Specialty or Focus:

- All levels of Fitness incl. beginners & seniors
- Form & Technique
- Strength/Muscle Building

Other Certifications:

- AFAA Group Fitness Instructor

Mahmoud - or Mo, as he likes to be called - has a bachelors degree in Sociology. He was a professional soccer player in Egypt for 9 years. and his passion for fitness started when he moved to Germany and helped some of his friends achieve their fitness goals. Mo is a private soccer coach and he has 4 teams at PFC. He enjoys training athletes and helping them push their own limits.

SET UP YOUR SESSION

STEP

1

Choose your trainer or purchase a 30 minute consultation with a trainer, at the Member Services Desk, to determine who might be a good fit for your personal goals. You can also reach out to a trainer via email to schedule a paid consultation to determine a time and day to meet if an immediate availability is not observed on the schedule.

2

Purchase your personal training package at the Member Services Desk. If you have not chosen a trainer at this point, then a trainer will be assigned to you. Please allow 48 hours for the trainer to reach out and schedule your initial meeting or paid consultation. Note: A registration form must be filled out each and every time personal training packages are purchased, complete with trainer name.