



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.



MEET OUR TRAINERS

KATE DESMOREAUX

ACSM Exercise Physiologist

kateyell@aol.com



Specialty or Focus:

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

Other Certifications:

- MBA Exercise Physiology
- NATA Athletic Trainer

Kate Desmoreaux 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.

Availability: Weekdays 5am-2pm. **Location:** CHASCO Only

ANGIE SANTARELLI

NFPT Certified PT

angiesantarelli@yahoo.com



Specialty or Focus:

- Training for Endurance
- Runners/Tri-athletes
- Functional Training
- Cancer Survivors

Other Certifications:

- LesMills BODYPUMP
- LesMills RPM
- TRX
- SilverSneakers

Angie Santarelli is a Certified Personal Trainer, Group Fitness Instructor and Livestrong Coach with over 15 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.

Availability: Morning-Mid-day, Mon-Fri. **Location:** Hutto

AKERA WILKERSON

AFAA Certified PT

akerajamel@gmail.com



Specialty or Focus:

- Athletic Training

- Strength Training
- Endurance

Akera Wilkerson's has 15 years of military service in the US Army. He has 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!

Availability: Mon.-Fri. Daytime, Wed. evening. **Location:** Hutto Only

NICOLE BRIDGES

ISSA Certified PT

nicol.bridgs@gmail.com



Specialty or Focus:

- Strength Training
- Glute Training
- Exercise Technique

Other Certifications:

- LesMills Core
- LesMills Grit
- LesMills Tone
- LesMills Strength & Development

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 other 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!

Availability: Flexible Days and Evenings. **Location:** Hutto Only

NADYA WATSON

AFAA Certified PT

nadya.watson@gmail.com



Specialty or Focus:

- Power Lifting
- Cross Training
- CrossFit
- HIIT

Other Certifications:

- AFAA Group Fitness
- LesMills BodyPump
- LesMills Body Combat
- LesMills Core

Nadya Watson is AFAA Certified Personal Trainer, Group Fitness Instructor, Les Mills Body Pump, Body Combat, Core and Silver Sneakers instructor. Fitness is her passion and she is devoted to helping people push towards their goals, get stronger, & transform their lives. Constantly researching current industry information and integrating powerlifting, cross training and HIIT in both her workouts, and her trainer routine helps her and her clients achieve their best.

Availability: Flexible. **Location:** CHASCO Only

FREDERICK LEWIS

NASM Certified PT

lewisfk@gmail.com



Specialty or Focus:

- Youth Training
- Athletic Training
- Strength Technique

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 enjoy training young athletes so they can succeed at their passions.

Availability: Generally Evenings, some flexibility. **Location:** CHASCO Only

LOGAN HALL

ACSM Certified PT

hall651074@gmail.com



Specialty or Focus:

- Fitness/Sports Performance

Logan is a ACSM Certified Personal Trainer. He grew up in Round Rock and has been a part of the CHASCO Family YMCA for years. He started his YMCA career in sports and has been in Fitness for 2 years. He graduated in 2023 with a Bachelors in Exercise Science. He has collegiate experience in sports and training. He loves working with kids and teaching sports specific classes.

Availability:

Location: CHASCO Only

KASIE PATTERSON

NASM Certified PT

kasie_patterson@yahoo.com



Specialty or Focus:

- Fitness/Sports Performance

Kasie is a wife and mother to two very active boys. She has 8 years of experience training in a CrossFit gym. She also has experience in training for half and full marathons. Her goal is to get people excited about fitness and health. And hopefully, love the gym as much as she does!

Availability: Weekdays. **Location:** Hutto Only

JULIE TALKINGTON

ISSA Certified PT

julie.talkington@gmail.com



Specialty or Focus:

• To help other 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 18 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 Les Mills RPM, TRX, and various strength interval style classes. Julie is passionate about helping others reach their goals!

Availability: Flexible. **Location:** CHASCO Only

KATHY SOLANO

NASM Certified PT

katsolano@gmail.com



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.

Availability: Flexible. **Location:** CHASCO Only

JULIA JOHNSON

NASM Certified PT

ralphshamus@yahoo.com



Specialty or Focus:

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

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.

Availability: Mornings on Mon-Fri and Evenings on Tues & Thurs. **Location:** CHASCO Only

SHAY HERRERA

NASM Certified PT

shay.ymca@gmail.com



Specialty or Focus:

- Functional Fitness
- Dietary Changes
- Metabolic Maintenance
- Functional Training

Other Certifications:

- CrossFit Level 1
- CrossFit Level 2 Trainer

Shay is a NASM Certified Personal Trainer. She enjoys cooking, cycling, flag football, traveling, and climbing.

Availability: Flexible. **Location:** CHASCO and Hutto

MIKE HARBORT

ISSA Certified PT

mike.harbort@austincc.edu



Specialty or Focus:

- Les Mills BodyPump
- Les Mills BodyCombat
- Les Mills Core
- Muscle Strength and Endurance
- Cardiovascular Conditioning
- Metabolic Conditioning

Mike is a Certified Personal Trainer and Group Fitness Instructor with over 10 years of experience. He has a passion for Ultra Running, Spartan Racing, and good old fashioned resistance training. Whether you are preparing for your next race or just want to make some small lifestyle changes, he is the right fit for you!

Availability: Weekday Mornings. **Location:** CHASCO

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.

STEP

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.

PRICES

SESSION TYPE		Members
30 MIN SESSION		\$28
6 SESSIONS (30 MIN)		\$154
12 SESSIONS (30 MIN)		\$308
1 SESSION (50 MIN)		\$57
4 SESSIONS (50 MIN)		\$198
6 SESSIONS (50 MIN)		\$280
12 SESSIONS (50 MIN)		\$503
1 BUDDY TRAINING SESSION (60 MIN)		\$66
4 BUDDY TRAINING SESSIONS		\$242
MISSION FITNESS - LIMIT ONE PER MEMBERSHIP LIFETIME		
MISSION FITNESS (50 MIN)	\$173	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



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