



Hutto Family YMCA Personal Training Brochure

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



ANGIE SANTARELLI

NFPT Certified PT
angiesantarelli@yahoo.com

Availability: Monday - Friday 7am - 3pm

Specialty or Focus:

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

Other Certifications:

- LesMills BodyPump
- LesMills RPM
- Les Mills BodyBalance
- TRX
- SilverSneakers

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.



AKERA WILKERSON

AFAA Certified PT
akerajamel@gmail.com

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

Specialty or Focus:

- Athletic Training
- Strength Training
- Endurance

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!



KASIE PATTERSON

NASM Certified PT
kasie_patterson@yahoo.com

Availability: Weekday mornings

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.bridges@gmail.com

Availability: Wed/Thurs Evenings, Saturdays, early morning by request

Specialty or Focus:

- Strength Training
- Glute Training
- Exercise Technique
- Weight Management & Medical Weight Loss Support

Other Certifications:

- Certified Health Coach
- Certified Weight Management Specialist
- Les Mills Instructor & Coach

Nicole is a ISSA Certified Personal Trainer and LesMills Instructor with a degree in Health and Kinesiology. She has worked in the health industry in clinical settings, 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. Whether you're getting back on track, building strength, or ready to challenge yourself, Nicole is here to help you get there.



JAZMINE JENNINGS

NASM Certified PT
jazminenichole32@gmail.com

Availability: Monday-Wednesday, 8am-12pm

Specialty or Focus:

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

Jazmine is 30, 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!



OLITA HOFFMAN

Certified PT (Expert Rating Global Certifications)
gudrule28@gmail.com

Availability: Flexible

As an athlete growing up, Olita played basketball and soccer throughout high school. In adulthood, her career path led her to serve 5 years in combat infantry battalion in the Armed Forces. After her time in the Armed forces, she actively began training clients in the fitness world 3 years ago, deciding she wanted to help others succeed in their own unique journey. She is excited to bring her passion and enthusiasm to the members of the Hutto Y!



TYAGA WELCH
 ISSA Certified PT
j.tyagaraja@gmail.com

Availability: Monday & Friday morning,
 Sunday afternoons

Tyaga has been a Yogic Educator and Wellness Practitioner since 2004, giving him 22 years of in-depth training, experience and close contact with Monks from Authentic Yogic Lineages in India and in the US. This unique combination of Yogic Wellness, Martial Arts, and ISSA Personal Trainer Certification creates a complete lifestyle of healing, wellness daily maintenance for the participant. He specializes in his ability to make these deep sciences of transformation accessible and available to all ages, all body types and abilities. Every participant will feel safe and confident to perform the tasks asked of them, and empowered to carry his training throughout their entire lives. Tyaga is personable, funny and inspiring, with a long history of working with both the Youth and our Elders!

Specialty or Focus:

- Working with youth & elders
- Incorporating Yogic training and meditation
- One-on-one or Buddy training



MADISON STEFEK
 ACE Certified PT
madisonstefek23@gmail.com

Availability: Flexible

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.

Specialty or Focus:

- Functional and Strength Training
- Individualized program development



AMY ROWDEN
 ISSA Certified PT
arowden40@gmail.com

Availability: Flexible

Feeling stuck? Unsure where to start—or maybe you just need to get started again and need a little push? You're not alone. Getting started is half the battle, and Amy is here to guide you every step of the way. Her passion is helping you build confidence, improve strength, and feel better in your own body—no matter your age or starting point. It's never too late to begin your fitness journey, so Amy would like to link arms, work at your pace, and celebrate every win together. You've got this—and Amy's got you!

Specialty or Focus:

- Training Seniors and Beginners



ALEX DUANE
 NASM Certified PT
duanealex04@gmail.com

Availability: Mon/ Wed/ Fri 6-9pm

Working in the health and fitness industry for more than a decade, Alex started in the Chiropractic field as a Rehab-Tech assisting chiropractors with patient care by guiding patients through exercises and administering therapeutic modalities such as electrotherapy and spinal decompression, igniting a passion for helping others. She also has experience guiding Alzheimers and dementia patients through everyday activities and rehabilitation exercises. After getting a Personal Training Certification through NASM, Alex experienced the excitement of Group Fitness through kickboxing and realized it was the perfect add-on to her previous experience working with delicate patients. Her passion is to help others achieve their goals, whether it is just getting through the day with a fun group exercise or working on longevity and wanting to become the strongest they can be physically and mentally.

Specialty or Focus:

- Stability and Core Training
- Strength and Conditioning
- Functional Movement
- All levels of fitness, including beginners and seniors
- Nutrition coaching and guidance
- Rehabilitation

Other Certifications:

- NASM Stretch Specialist
- Group Fitness Instructor
- Spin
- TRX

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 |
| 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



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