



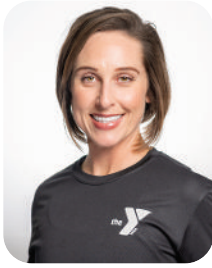
CHASCO Family YMCA Personal Training Brochure

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



KATE DESMOREAUX

ACSM Exercise Physiologist
kateyell@aol.com

Availability: Weekdays 8am-3pm

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



NADYA WATSON

AFAA Certified PT
nadya.watson@gmail.com

Availability: Weekdays, Flexible

Nadya Watson is an AFAA Certified Personal trainer, NASM Certified Nutrition Coach, 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 well-being 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
- NASM Certified Nutrition Coach



FREDERICK LEWIS

NASM Certified PT
lewisfk@gmail.com

Availability: Mainly Evenings
(some flexibility)

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.

Specialty or Focus:

- Youth Training
- Athletic Training
- Strength Technique



JULIE TALKINGTON

ISSA Certified PT
julie.talkington@gmail.com

Availability: Weekdays

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!

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
- Queenax



JILL VERRICO

NASM Certified PT
jill.verrico@gmail.com

Availability: Flexible

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.

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



MARCELINO JAIMES-CASTRO

CPD Fitness and Gym Instructor Certified
marcejcastro@outlook.com

Availability: Flexible

Marcelino is a current Kinesiology student at the University of Texas at Austin, specializing in Medical Fitness and Rehabilitation. He is passionate about sports and fitness, practicing various sports throughout youth and into adulthood. This experience has helped Marce develop a passion for healthy behaviors and a healthy lifestyle. Moreover, his experience with injuries from all of his athletic experience - from muscle tears to bone misalignment - helped him make the choice to help individuals who are also suffering from injuries re-gain their confidence and strength. With a robust academic background and numerous hours of Physical Therapy observation sessions, he's had a strong foundation to develop his own work philosophy: "There is no pain to fix, but a lifestyle to change."

Specialty or Focus:

- Functional Training
- Movement-based training
- Rehabilitation Exercises

Additional Information:

- Fluent Spanish speaker

MEET OUR TRAINERS



NICK NELSON

ACSM Certified PT
nickfoxphillips@gmail.com

Availability: Flexible

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.

Specialty or Focus:

- Sports Coaching
- Program Design
- Sports Clinics



NICOLE BRIDGES

ISSA Certified PT
nicol.bridgs@gmail.com

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

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.

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



KATHY SOLANO

NASM Certified PT
katsolano@gmail.com

Availability: Flexible

Kathy 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 specializes in correct form and technique. In addition to working with beginners, seniors and the conditioned populations, she also enjoys 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.

Specialty or Focus:

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

Other Certifications:

- Zumba
- Mixfit
- Queenax



TJ MCCALL

U.S. Government Certified Physical Fitness Instructor

tj@mccallfitness.com

Availability: Flexible

He is a passionate leader in the fitness industry, bringing his 30 years of experience to the members of the Chasco YMCA. 16 of those years were spent in law enforcement, as both a police officer and as an Academy Instructor specializing in physical fitness training, designing and implementing fitness programs that improved recruit performance, injury prevention, and operational readiness. Since that time, he has owned his own fitness company and dedicated all of his time and energy to helping people improve their lives through fitness.



TYAGA WELCH

ISSA Certified PT
j.tyagaraja@gmail.com

Availability: Flexible (not available Tues & Sat)

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

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



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