



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PERSONALIZE YOUR WELLNESS EXPERIENCE



PERSONAL TRAINING @ THE  
DOWNTOWN ORLANDO YMCA

## Personal Training and Wellness Programs at the Downtown Orlando YMCA



**DOWNTOWN ORLANDO YMCA**  
433 N. Mills Ave  
Orlando, FL 32803  
[www.ymcacentralflorida.com](http://www.ymcacentralflorida.com)  
407-896-6901

## YMCA DIABETES PREVENTION PROGRAM

Has your physician told you that your glucose or blood sugar levels are elevated or you have diabetes risk factors? If so, you should strongly consider participating in our YMCA Diabetes Prevention Program. Once you become diabetic, it is virtually impossible to reverse this disease. You may have the opportunity to participate in this program free of charge. Confirm your eligibility through the Diabetes Prevention and Control Alliance at 1 800 237 4942.

*For more information, contact:  
Health Strategies  
407.896.9220  
[healthstrategies@cfymca.org](mailto:healthstrategies@cfymca.org)*

## LIVESTRONG AT THE YMCA

The YMCA has partnered with LiveSTRONG to help cancer survivors begin their journey toward recovery with LiveSTRONG at the YMCA.

Exercise is proven to help cancer patients reduce fatigue, improve muscle strength and energy levels, increase flexibility and endurance, enhance confidence, and improve mood and overall well-being.

*For more information, contact:  
Health Strategies  
407.896.9220  
[healthstrategies@cfymca.org](mailto:healthstrategies@cfymca.org)*



## THE COACH APPROACH

**Age: 16+ years**  
**Included in membership**

The COACH APPROACH is an exercise support process that will help you set and stick with your wellness goals through 4-6 meetings with one of our certified wellness coaches. We will provide guided insight, support, and accountability as you begin to make exercise part of a healthier lifestyle.

*For more information, contact:*  
*Erik Olsson*  
*eolsson@cfymca.org*

## MYWELLNESS CLOUD™

**Age: 12+ years**  
**Included in membership**

Technogym's MyWellness is a personalized platform that allows you to track your workouts at the YMCA and on the go. MyWellness will allow you to: join challenges, collect MOVEs, track your progress, and have our Wellness team provide you with workout options and accountability. Stay motivated and improve your wellness with this tool.

*For more information, contact:*  
*Keimy Milanés*  
*kmilanes@cfymca.org*



## NEW PT CLIENT SPECIAL

**Age: 12+ years**  
**\$65 Personal Training Special**

Take your first step forward to a healthier life with this 75 minute appointment. Spend 30 minutes dedicated to goal-setting and assessments followed by a 45 minute workout with a personal trainer. This special is an excellent way to gauge what a great investment personal training can be!

*For more information, contact:*  
*Keimy Milanés*  
*kmilanes@cfymca.org*

## PERSONAL TRAINING

**Age: 12+ years**

Our highly educated personal training team provides you with several options for enhancing your exercise. Through our holistic approach, we will structure workouts, provide encouragement and motivation, create accountability, and design a progressive plan to help you expand your health and wellness knowledge all while moving closer to your goals.

### 30 min session(s)

4 .....	\$120
8 .....	\$224
12 .....	\$300

### 55 min session(s)

4 .....	\$240
8 .....	\$448
12 .....	\$600

*For more information, contact:*  
*Keimy Milanés*  
*kmilanes@cfymca.org*

## InBody™ ASSESSMENT

**Age: 18+ years**  
**\$50 per Assessment**

The InBody 570 is a non-invasive body composition test sending low-level currents through the hands to determine results. Each InBody test will store its information using the mywellness® cloud application and provide a full-page print out for discussion.

Results will identify:

Intracellular/ Extracellular Water and Total Body Water, Dry Lean Mass, Body Fat Mass, Lean Body Mass, Body Weight, Percent Body Fat, Segmental Fat Analysis, and Lean Mass Analysis.

*For more information, contact:*  
*Erik Olsson*  
*eolsson@cfymca.org*



## GROUP TRAINING

**Age: 14+ years**

**PARTNER**  
**(2members : 1 trainer)**

Grab a friend and get healthy together! Our motivational training staff will help outline your unified goals and put you both through a personalized workout in our partner training option.

### 55 min sessions

8 .....	\$320/person
12 .....	\$420/person

**SMALL GROUP**  
**(4-6 members : 1 trainer)**

Gather some friends or family and take advantage of our small group training rate. Our personal trainers will motivate and help structure workouts that will allow the entire group to workout simultaneously as you lean on each other for accountability.

**55 min sessions**  
**1 month packages**

**Day(s) per week:**

2 .....	\$200/person
3 .....	\$240/person

*For more information, contact:*  
*Erik Olsson*  
*eolsson@cfymca.org*

## TRAINERS' DOZEN

### PERSONAL TRAINING PARTICIPANTS

We want to reward your consistency and commitment to your exercise program with our personal trainers! Renew 5 personal training contracts within a calendar year, and on your 6th renewal in that same year, you can choose to purchase a Trainers' Dozen Special! This special allows you to purchase 12 personal training sessions and get 1 session of equal duration for FREE!