



AFFORDABLE RATES PERSONAL SERVICE

Personal Training

Money should never be a barrier to good health. Our certified personal trainers can personalize your workout and start you on the road to better health. With our package rates, all personal training sessions are affordable.

30-Minute sessions per hour: \$15.00/members, \$22.50/potential members

60-Minute sessions per hour: \$30.00/members, \$45.00/potential members

Meet our trainers and learn about their specialties on the next page.



SUMTER FAMILY YMCA
510 Miller Road
Sumter, SC 29150
803-773-1404
ymcasumter.org

Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Brittany Beier

-NSCA-CPT and CSCS

- "I love personal training because I love seeing people accomplish their goals, reduce pain, and feel better!"



Brooke Staniec

-ISSA-CPT

- "I'm able to help people fall back in love with themselves. I get to be a small stepping stone on someone's journey "



Allyse Proctor

-CPT , Prenatal/postpartum fitness specialist, and fitness nutrition specialist

- "I personal train because it is my passion. I love helping people reach their goals physically and overall health



Chloe Wilaby

-NCSF-CPT and Health Fitness B.A

- "I am enthusiastic about helping people start their fitness journey"



Bryanna Gallucci

-NASM-CPT

- "This is your life; invest in it!"



Vangelica Vasquez

-AFAA-CPT

- "I enjoy utilizing my own experience and knowledge to help others achieve their personal fitness goals with guidance, encouragement and support."



Hilary Moore

-Certified Personal Trainer

- "I personal train because I know how beneficial it is to not just train the body but the mind and soul."



Malisa Meldrim

-NASM-CPT and Fitness Nutrition Specialist

- "I love the lasting relationships that come along with training. I have a strong desire to help develop the youth and senior population."

