

## Our Personal Trainers

### Rob Friedt



Rob specializes in functional training, using kettlebells, TRX, ropes, etc. Rob is here to encourage, motivate, and guide you through your personal health and fitness journey, whether that's increasing strength and muscle, improving your sport, losing weight, or feeling and moving better. With years

of experience in both individual and group training, Rob is certified through the American College of Sports Medicine (ACSM) and CanFitPro, and is a YMCA-certified Group Fitness Leader.

### Peggy Anderson



Peggy has been involved in sports and activities from a young age; from dance to softball to synchronized swimming, as both an athlete and a coach. She began volunteering as a fitness instructor at the YMCA in early 2015, and taught boot camp, strength and conditioning, synergy, and cycle classes. She was certified as a Spin instructor in early 2019. In 2018, she was certified as a personal trainer at the YMCA. Her main interest is functional fitness, and her goal is to support and encourage people of all ages to live a healthy and active lifestyle.

#### Investment in Yourself Program Design:

Length	Member	Non Member
2 sessions	\$125	\$145

#### Personal Training:

##### Member Rates

Package	\$/session	Total
3 Sessions	\$58	\$175
9 Sessions	\$50	\$450
15 Sessions	\$45	\$675

##### Non Member Rates

Package	\$/session	Total
3 Sessions	\$66	\$200
9 Sessions	\$60	\$540
15 Sessions	\$55	\$825



YMCA of  
Saskatoon



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The YMCA of Saskatoon's mission is to foster life-enhancing opportunities and to strengthen the foundations of our community by being an organization that nurtures health, wellness and a collective sense of community.

### Contact Us!

#### YMCA of Saskatoon

25 - 22nd St E  
Saskatoon, SK S7K 0C7  
(306) 652-7515  
ymca@ymcasaskatoon.org


**For up-to-date information on our  
hours of service, check out our website**

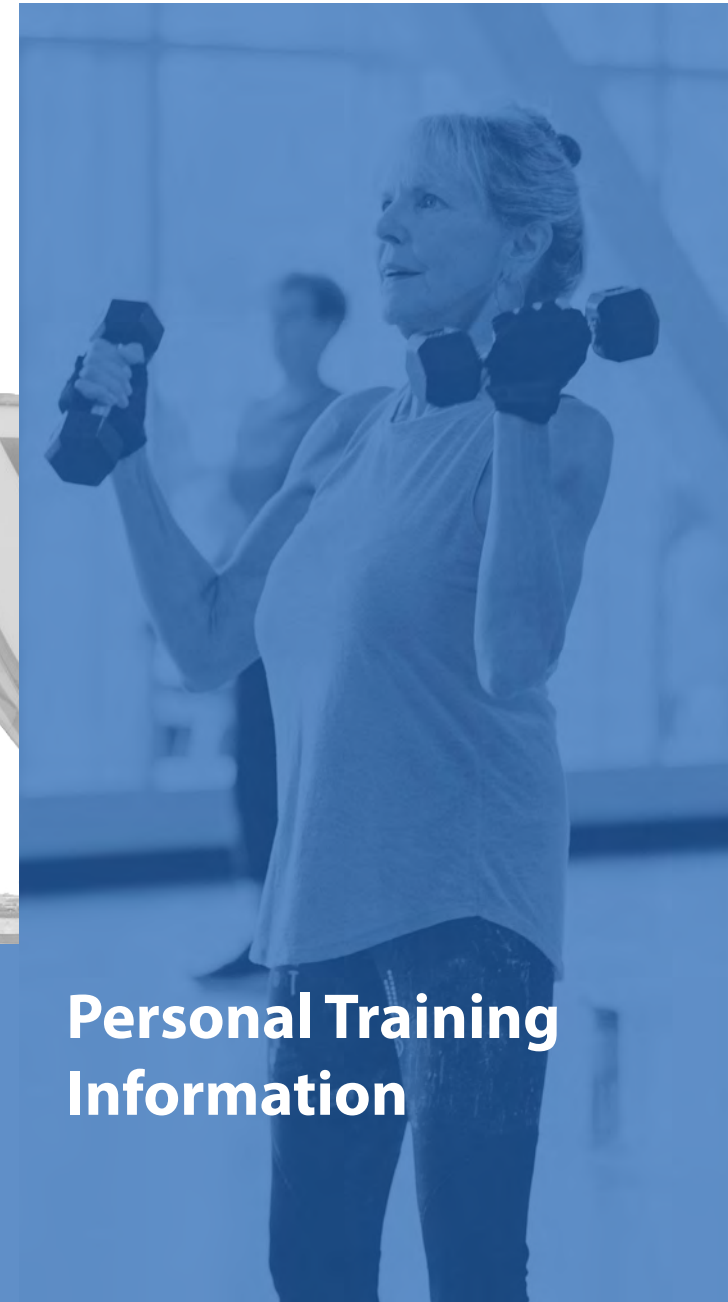
**The YMCA is a Charity and relies on  
community support**

**Donate today**

**[www.ymcasaskatoon.org/donate](http://www.ymcasaskatoon.org/donate)**

### Find us on:

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**Personal Training  
Information**



## Overview

Are you new to exercise? Or have you reached a point in your routine where progress has slowed or come to a halt?

Let our certified YMCA personal trainers assist you! Our trainers will provide you with guidance, technique, and feedback, helping you achieve your training goals.

## Benefits

- Learn proper form, technique, and exercise selection
- Increase strength and overall fitness
- Increased motivation and strategy for long-term progress
- Achieve goals safely
- Access your training from the comfort of your own home

For more information on Personal Training, please visit our **website**.

[www.ymcasaskatoon.org](http://www.ymcasaskatoon.org)

## Packages

### Program Design

This package is perfect if you are seeking a new routine, need assistance with exercise choices, technique and programming. The Program Design option is ideal for those who are looking for guidance but prefer to train independently. This package can be done in-person or via virtual training.

This option consists of two sessions:

**Session 1:** Meet with one of our qualified personal trainers for a detailed fitness assessment, Question & Answer, and fitness goals discussion.

**Session 2:** Come back for a full one-hour gym session to go over your new program and exercise techniques.

For optimal results we recommend you check in with a trainer after six-to-eight weeks to go over program adjustments and progressions.

### Private Personal Training

This option is excellent for all fitness levels and abilities. Personal training is geared to provide a motivating and engaging atmosphere while teaching you proper techniques, form, and programming. This is deal for those seeking to reach their goals with the added extra coaching and motivation, suitable for anyone, beginner to athlete.



## Group Training Options

*Work out with friends, teammates, or co-workers, and make progress together.*

For group training options and descriptions, please contact our Fitness Manager, Parvin Pazira

[Fitness@ymcasaskatoon.org](mailto:Fitness@ymcasaskatoon.org)

## Y-Thrive and Y@Home+

Two complimentary options as well that those with active membership to the YMCA can access. See the Membership Experience Desk for more information or connect with the Fitness Department.

