



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

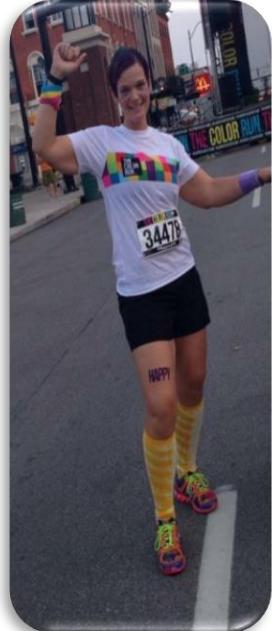
# MOTIVATE EMPOWER SUCCEED

## HOLEY MILLER PERSONAL TRAINING DOWNTOWN YMCA

### HOLEY'S RATE INFORMATION

PACKAGE	MEMBER
1 SESSION	\$20
6 SESSIONS	\$120
12 SESSIONS	\$240

- These rates are specific to Holly Miller and are only available at the Meadville YMCA.
- 12 session packages expire six months from date of purchase.



Holly is a proud mother of three and has struggled with her weight for most of her life.

She started her weight loss journey 15 years ago when she weighed 400 lbs. It only took her a year and a half to reach her goal weight and has since kept it off for over 13 years.

She became a trainer to help people by using herself as an example to motivate and encourage others.

She has a certification through ISSA along with many others. Fitness and nutrition is what she lives for and her passion is helping others achieve their goals.



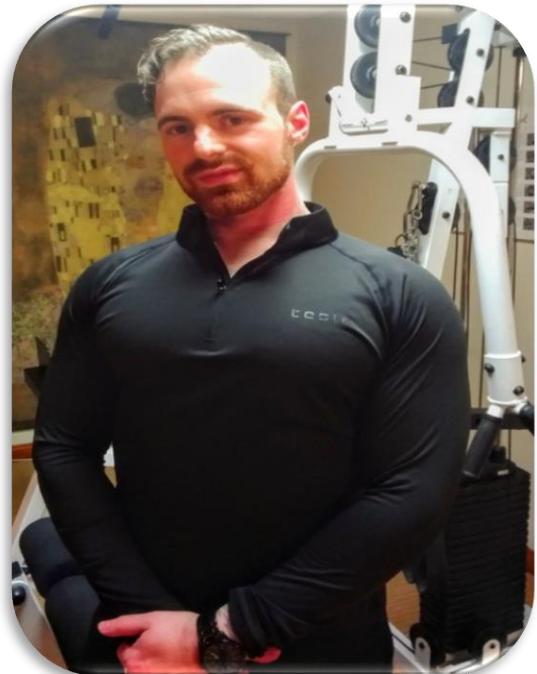
FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MOTIVATE EMPOWER SUCCEED

## TATE GROOVER PERSONAL TRAINING DOWNTOWN YMCA

### TATE'S RATE INFORMATION

PACKAGE	INDIVIDUAL	COUPLE (2)
1 SESSION	\$25	\$20
8 SESSIONS	\$165	\$140
12 SESSIONS	\$210	\$170
PACKAGE	(3) PEOPLE	(4) PEOPLE
1 SESSION	\$18	\$15
8 SESSIONS	\$130	\$120
12 SESSIONS	\$145	\$135



Tate has over seven years of experience as a certified Personal Trainer specializing in creating plans targeting body fat loss, body sculpting, strength training, endurance and nutritional guidance.

His passion for helping others and a compassionate approach, has proven fast and effective methods to coach clients in achieving their desired outcomes, at a comfortable pace.

Using both individual and group training modalities, he offers a wide range of options for personal fitness training.

\*\*\*These rates are specific to Tate Groover and are only available at the Meadville YMCA. 12 session packages expire six months from date of purchase.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

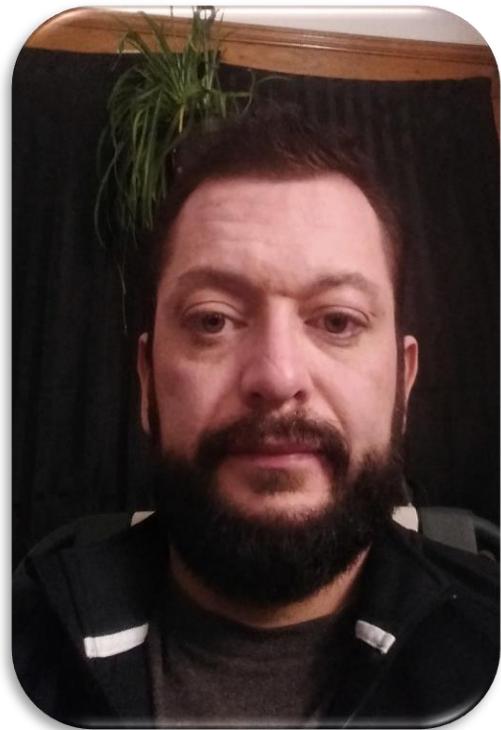
# MOTIVATE EMPOWER SUCCEED

## URIAH PIERCE PERSONAL TRAINING DOWNTOWN YMCA

### URIAH'S RATE INFORMATION

PACKAGE	MEMBER
1 SESSION	\$25
6 SESSIONS	\$135
12 SESSIONS	\$270

- *These rates are specific to Uriah Pierce and are only available at the Meadville YMCA.*
- *12 session packages expire six months from date of purchase.*



Uriah has been a certified Personal Trainer for over two years.

He enjoys learning about his client's goals and aspirations.

And he looks forward to creating a path to help his clients succeed in their fitness journey.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MOTIVATE EMPOWER SUCCEED

## JANICE CORNER PERSONAL TRAINING VERNON YMCA

### JANICE'S RATE INFORMATION

PACKAGE	MEMBER
<b>1 SESSION</b>	<b>\$25</b>
<b>6 SESSIONS</b>	<b>\$144</b>
<b>12 SESSIONS</b>	<b>\$264</b>

- *These rates are specific to Janice Corner and are only available at the Meadville YMCA.*
- *12 session packages expire six months from date of purchase.*



Janice has been a certified Personal Trainer and Exercise Instructor since 2003. She specializes in, but is not limited to, working with clients that are 65 years of age and older who may be post rehabilitation.

Currently, she is certified through ACE where she holds certifications in Group Exercise, Personal Training, and is a Senior Fitness Specialist. She is also a Certified Silver Sneaker Instructor.

She holds certifications in the areas of Pilates Reformer, Stability Ball, Cycling, Step Aerobics, and Functional Training. Janice is excited to help you to become stronger and to live a happier, healthier life.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MOTIVATE EMPOWER SUCCEED

## ASHLEE KETCHAM PERSONAL TRAINING VERNON YMCA



### ASHLEE'S RATE INFORMATION

PACKAGE	MEMBER
1 SESSION	\$30
6 SESSIONS	\$180
12 SESSIONS	\$360

- *These rates are specific to Ashlee Ketcham and are only available at the Meadville YMCA.*
- *12 session packages expire six months from date of purchase.*

Ashlee received her bachelor's degree in Exercise Science from Edinboro University and has over seven years of experience as a certified personal trainer and aerobics instructor.

In addition she has her certification for Nutrition Counseling and Weight Management.

Ashlee specializes in strength and conditioning as well as rehabilitation.