



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOGA PERSONAL TRAINING AT THE YMCA



I have worked in fitness for over 27 years, instructing various aquatics, aerobic, cardio-kickboxing, strength, dance & senior classes. I started working at the Chippewa Falls YMCA in 2003. In 2016, I became interested in yoga and eventually started teaching a weekly yoga class. In the spring of 2018 I became a Neta Certified Yoga Instructor. Later that year, I opened my own home studio.

Currently, I lead 10 classes at the YMCA, 5 of them are related specifically to yoga. I especially enjoy Chair Yoga, Seasonal Outdoor Yoga & Foundational Yoga. Furthermore, I offer [optional] Aromatherapy support during classes & private sessions.

I absolutely love working at the Y & enjoy helping people create personalized fitness goals while journeying with them throughout their exercise experience. Being a personal trainer in yoga allows me to specifically work on the mind, breath & body connection as they relate to the clients specific goals.

I look forward to working with you,
Carolyn M. Thomas

PRIVATE PERSONAL TRAINING

60 Minute Private Personal Training

3 sessions	\$ 120
6 sessions	\$ 225
12 sessions	\$ 420
20 sessions	\$ 650

Private personal training sessions expire 6 months from the purchase date.

SMALL GROUP TRAINING (per person)

60 Minute Small Group Training

4 sessions	\$ 60
8 sessions	\$ 100
12 sessions	\$ 132

Group training is for 3-6 people.
Small group training sessions expire 1 month from the purchase date.

PARTNER TRAINING (per person)

60 Minute Partner Training

6 sessions	\$ 180
12 sessions	\$ 312

Partner training sessions expire 6 months from the purchase date.

QUESTIONS? Contact Matt Dresser, mdresser@ymca-cv.org for more information.

PURCHASE YOUR PACKAGE TODAY AND RECEIVE A FREE INTRODUCTORY SESSION!*

*Free introductory Yoga Personal Training session included with purchase of package for new Yoga Personal Training clients only. Redeemable once.

Refund Policy/Acknowledgement- In regards to the COVID-19 pandemic, the YMCA of the Chippewa Valley is offering programs in good faith. If in working with the CDC, WEDC, governmental agency and/or insurance company, the YMCA of the Chippewa Valley is required to cancel the event or program, the YMCA cannot guarantee a refund or credit to our participants.