



Having a **personal trainer** to guide you through your fitness routine will help make sure you are spending time on the proper types of exercise. The YMCA Front Desk Staff will assist you in setting up your initial contact with one of our Personal Trainers. Please call 435-8659 to speak with a representative.

Individual Training Sessions: \$20 per 30 minutes or \$40 per hour

Packages: \$200 for 10/30 minute sessions plus 1 free session

\$400 for 10/60 minute sessions plus 1 free session



Dan Jaramillo—YMCA Personal Trainer/Fitness/Wellness Coach

Personal Fitness Trainer Certification: NESTA

Triathlon Coach Certification: NESTA

Martial Arts Certifications in Taekwondo, Karate, and Sport Kickboxing

Sport Yoga Certification: NESTA



Cathy Rinner—YMCA Personal Trainer/Fitness/Wellness Coach

AFSA Certified in Personal Training and Group Exercise

Y-USA Certified in Pilates, Spin, and Strength Foundations.

30+ years as a Fitness Professional.

21 years as a Personal Trainer, 20 years with the YMCA.



Chris Ridley—YMCA Personal Trainer/Fitness/Wellness Coach

B.Ed. Washburn University

Master of School Administration

1979-2015 educator for Auburn Washburn, teacher, football coach.

Athletic Director and Administrator



Wendy Harms—YMCA Personal Trainer/Wellness Coach

BSBA—Doane College, Crete, Nebraska

Administrative Director for the Kansas Livestock Association

“I love to work out and want to assist women and young ladies achieve their goals. I am an AdvoCare distributor.