

# YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

**BEING A PART** of the YMCA of Glendale is different and special!

We welcome and support all children and families.

We help build the values of caring, honesty, respect and responsibility.

## We Are Here For Everyone !

People of all ages, and every race, creed, religion, income level and ability are welcome.



Call Craig Killian at (818) 240-4130 ext. 52 for an appointment or information.

**Anyone who solicits members for any type of training will forfeit his/her membership.**

Y M C A O F G L E N D A L E

At the Louise Center you have numerous facility and class opportunities for **your** specific interest:

**Swimming Pool** – Lap Swimming  
Aqua-Fit Classes  
Adult Rec Swim

### Weight Room -

Machine weights, free weights, exercise bikes, treadmills, rowers, elliptical machines, and stair climbers in an air conditioned atmosphere.

### Classes –

Join an array of classes including Jazzercise, martial arts, dance, aqua-classes, and yoga.

### Massage –

Ask about a private massage scheduled to your time availability. Massage is provided in the locker room areas.

### Private Facilities-

Both the Men's and Women's Locker rooms provide exercise areas, spa, sauna, and relaxation areas. Men's Locker Room provides table tennis and pool table as well.

### MEMBERSHIP DEPARTMENT

### PHONE EXTENSIONS

(818) 240-4130

Membership Dept.	x 18
Men's Massage	x 42
Women's Massage	x 27
Aquatics	x 45

## ASSISTANCE WITH FEES

The YMCA believes in providing membership and programs to all that desire to participate. The YMCA's Financial Assistance Program, supported by donations, provides funds for those in proven need within the YMCA's available resources.

## RIGHTS RESERVED

The YMCA makes every effort to avoid exercising these rights, however it reserves the right to refuse service to anyone for any reason, and the right to change programs and services without notice.

### YMCA of Glendale

#### Mission

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

140 N. Louise Street  
Glendale, CA 91206  
Lexington Program Center  
735 E. Lexington St.  
Glendale, CA 91206

Phone: 818-240-4130  
Fax: 818-500-1737  
Email: [ymca@glenymca.org](mailto:ymca@glenymca.org)  
Web: [www.glendaleymca.org](http://www.glendaleymca.org)



## Personal Training

"Your personal trainer will be invaluable on your journey to fitness. Your workouts will be tailored to help you arrive at your personal best."



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# PERSONAL TRAINING

One-on-one personal training is available with one of our fitness professionals to all of our members.

You will have a personal trainer that will show you the proper form of each of the exercises.

## HOURLY SESSIONS

\$50 for members

\$45 for college and senior members

\$75 for two adults

\$70 for two college/senior members

## POLICIES

Personal Training services are available for YMCA of Glendale members only. All sessions must be pre-paid to the Personal Trainer. Please be prompt. Trainers are not required to make up time if you are late. Please check with the trainer of your choice with his/her cancellation policy. No outside trainers are permitted.

### **CRAIG KILLIAN** HEAD TRAINER WEIGHT ROOM SUPERVISOR

Craig has over 17 years strength training experience. He has worked at the YMCA since 1990, training members of all ages from teens to seniors. His program improves total body strength and provides continual challenges to encourage progressive gains and improvement. All levels, beginners to advanced, are welcomed.

#### **His experience and certifications include:**

YMCA of Glendale Weight Room Supervisor and Head Trainer  
YMCA Strength Trainer  
YMCA Fitness Leader  
Former Glendale High School record holder for squats and dead lifts.



### **SERJ KARIBYAN** PERSONAL TRAINER

Serj has over 10 years experience in the weight room. He has certification in YMCA Personal Training and Nero Muscular Facilitation (stretching.) He received certification from the National Academy of Sports Training.

### **MATTHEW ANDERSON, L.AC, M.S.** PERSONAL TRAINER

Matthew graduated from Samra University of Oriental Medicine with a Master of Science Degree in 1998. A licensed acupuncturist in the State of California he has been involved with weight training for over 20 years. A certified YMCA strength trainer for almost 10 years he has created a circuit training method which promotes weight loss, flexibility and endurance in a manner which is safe and easy on the joints and muscles. Matthew has extensive knowledge in the field of nutrition, vitamins and sports supplements. This well rounded approach gets maximum results in minimum time.



### **CIDINHA AGAMY**

#### PERSONAL TRAINER AND FITNESS INSTRUCTOR

Cidinha has expertise in muscle sculpting, aquatic exercise and strength and weight training. She has extensive corporate experience as well as numerous individual clients. Although Cidinha is qualified to work with all ages, her specialty is seniors and people suffering with debilitating conditions like arthritis. All ages and also injury problems

#### **Her certifications include:**

AFFA , Yoga, MRSROM, CardioSS and YMCA certification.  
Experience: Private Corporations

### **DIANA DIEKMAN, BA** FITNESS SPECIALIST AND PERSONAL TRAINER

Diana has 28 years experience in all aspects of health and fitness. She is highly trained and experienced in strength and weight training, body sculpting, nutrition & weight loss, physical fitness testing including body for testing, pilates, stress reduction, pre & post natal health, pre & post menopausal health, stability ball training, silver sneakers and all forms of aerobic training.

#### **Her certifications include:**

BA exercise Science & Kinesiology  
American Fitness and Aerobic Assoc. (AFAA)]  
YMCA Fitness Specialist  
Physical Education Dance instructor at  
Glendale Community College



### **BETSY BALWAN** PERSONAL TRAINER

Betsy has a B.S. degree in biology and over 8 years experience training people of all ages to improve their cardiovascular fitness, strength, body weight energy, etc... as well as the alleviation of many musculoskeletal aches and pains. She is certified by the YMCA, American College of Sports Medicine (ACSM,) American Council on Exercise (ACE,) and UCLA Extension Fitness Instructor Certification Program.