

## Personal Training

Having trouble getting motivated? Not sure your current workout is effective? Not seeing the results you hoped for? Personal Trainers are available to assist you in setting and achieving your goals.

### Fees:

30 minute session-\$13.00
1 Hour Session-\$25.00
Five-1 Hour Sessions-\$100.00
Ten-1 Hour Sessions-\$200.00
1 Hour one-on-one session with a written plan to follow independently-\$40.00
Written plan to follow independently. Includes Personal Trainer interview and demonstration-\$25.00

**To Schedule an appointment please contact one of our two trainers.**

**Anthony Morman-** 419.615.9361

**Chance Nash-** 419.860.2547

## Meet Our Trainers

### **Anthony Morman**

Licensed Massage Therapist (LMT) & Certified Personal Trainer



Tony is an experienced licensed massage therapist. He has been a licensed massage therapist since 2004. His massage styles range from relaxation massage to deep tissue massage. Tony has practiced with local chiropractors and area businesses. Tony is a proponent of massage for relieving physical as well as emotional stress, and strongly believes in massage as a viable modality for enhancing overall health and well-being.

Tony also has been certified as a personal trainer for 13 years! He follows a comprehensive personal fitness regimen built around resistance training, weights and cardiovascular training. He has a strong background in muscle mechanics and utilizes this knowledge to individually tailor workouts to help meet client's needs & goals. After establishing the goals and objectives with his client, Tony will dedicate each training session to not only achieving these goals but pushing his clients beyond their comfort zone to realize their full potential and obtain the level of fitness they desire.

## **Chance Nash**

Certified Personal Trainer



Chance is a resident of Columbus Grove, OH and a graduate of Apollo Career Center. Chance has been a member of the Putnam County YMCA since 2014. He has been a personal trainer at the Y since October 2016. Chance also works at the Putnam County Jail. Chance has advanced his personal training certificate through the American Sports and Fitness Association. He specializes in sustainable weight loss and functional training. Top 3 movements are the deadlift, weighted chin ups, and weighted dips.