

**TY BOSTIC
B.S., NASM, AE, CES
Fitness Specialist**

Ty is a certified personal trainer through the National Academy of Sports Medicine (NASM) and a graduate of the Personal Fitness Training program at Lexington Healing Arts Academy.

His athletic accomplishments have earned him honors in both baseball and football where he lettered at Georgetown College.

He is also an Arthritis Foundation exercise program instructor. His specialty areas include corrective exercise for post injury, balance and agility for seniors, and sports performance for youth athletics.



**IVY OWENS
B.A., MPH, CPT, CGFI,
Yoga 200 RYT***

Health and Wellness Director
Ivy is a graduate of Transylvania University with a Masters from University of Kentucky. She holds her personal training and group fitness certification through both the YMCA and Aerobics Fitness Association of America (AFAA).

She has been teaching group fitness classes and personal training for over 10 years. During her decade as a fitness expert she has attended many other certifications, including but not limited to: Spinning, Zumba, Interval Training, Strength and Conditioning, Silver Sneakers, Core, and most importantly, completing a 200-hour Yoga training program in Guatemala through The School Yoga Institute, a nationally accredited global yoga program. She has also competed and trained for Triathlons, women's Bodybuilding, 10Ks, and century bike rides.

Ivy's specialties are working with people interested in increasing strength, endurance, and flexibility. During a training session she encompasses all three building blocks of fitness: cardio, strength and flexibility, but will adjust the ratio depending on the client's specific needs.

PERSONAL TRAINING

Our trainers will help to motivate you and guide you through your personal wellness journey.

Whether you are brand new to exercise and need help with a personalized exercise sequence or you are more seasoned and need a little support; get past a plateau or mix up your routine, we are happy to help you!

60-minute sessions

One hour session \$40
5 - one hour sessions \$170
10 - one hour sessions \$270

**Personal Training Express
(30-minute sessions)**

30 minutes \$22.50
5 - 30 minute sessions \$100
10 - 30 minute sessions \$160

**Buddy Training
(2 people together)**

1 - one hour session \$45
5 - one-hour sessions \$200
10 - one-hour sessions \$350

NEW YMCA PROGRAM DESIGN!

Generic programs will not provide the results that you are looking for. You are a unique individual and your training programs needs to be tailored to you. This is why the Y offers personalized training programs that work!

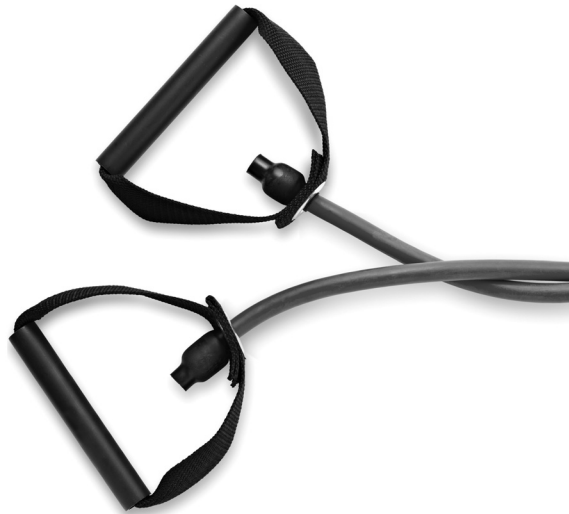
After an initial assessment and consultation, one of our certified trainers can develop an exercise program design for your fitness goals.

For more information contact our Health and Wellness Director Ivy Owens or Fitness Specialist Ty Bostic.



IT'S AN OFFER YOU CAN'T RESIST

YMCA Personal Training



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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WE CAN'T WEIGHT TO HELP YOU!



PERSONAL TRAINING

Paris-Bourbon County YMCA:
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parisbourbonymca.org