



RED BANK FAMILY YMCA FIND YOUR FIT!

Y Members:

Take your health
to the next level with
our YMCA Personal
Training Holiday Special.

NOV. 25-DEC. 31

1 Session \$65

Buy 10, Get 2 FREE

12 Sessions \$540

Buy 20, Get 4 FREE

24 Sessions \$950

* Y member promo only. One package
per client. Non-transferable.
Must redeem 1 year from
purchase date.

Step up for individualized support,
motivation and results with the Y's
personal training team!

To purchase or learn more,
contact Jessica:
jmacdonald@ymcanj.org

**MEET OUR PERSONAL
TRAINING TEAM**

RED BANK FAMILY YMCA
YMCA OF GREATER MONMOUTH COUNTY
166 Maple Avenue
Red Bank, NJ 07701

732.741.2504
membership@ymcanj.org

YMCA.NJ.org

1122-6546-RBY

Here for all.
Financial assistance is offered
based on availability of funds.

RED BANK FAMILY YMCA OUR PT TEAM



ALISON BAY



Alison has been a WITS Certified Personal Trainer since 2003. She works with a wide range of clients but specializes in the Senior population's strength, balance, and accident prevention training. Throughout her years in the fitness industry, she has led a variety of Group Fitness classes such as Cycling, Aqua Step, Aqua Bootcamp, Body Pump, Core and Pilates. Some of her hobbies include Pickle Ball, hiking, body surfing and playing with her grandkids.

MICHAYLIN BALL



Michaylin is an ISSA Certified Personal Trainer who found her passion for fitness through her own personal journey towards wellness. Michaylin specializes in strength training and continues to expand her knowledge and expertise through continuing education courses. Michaylin enjoys learning about fitness, painting, succulents, reptiles, hiking, and designing workout plans.

KIM CUGINI



Kim is a NETA Certified Personal Trainer and has held a Group Fitness certification through AAI/ISMA for over 26 years. Over the course of her career, she has taught a variety of Group fitness classes such as Barre, Pilates, stretching, Senior Fitness, and Aquatics Group Fitness. She believes that staying healthy through exercise and movement are important lifestyle choices. Kim enjoys practicing Yoga, traveling, reading, and spending time with her family.

JENNY SCANAPICCO



Jenny is a WITS and NETA Certified Personal Trainer and holds a bachelor's degree in Social Science. In college, Jenny was introduced to Group Fitness. She obtained her certification and has been teaching ever since. Along with working one on one with clients, you can find her in the

Group Fitness Studio leading classes such as Butts and Guts, Cardio Box, and HIIT. Jenny enjoys going for walks with friends, bike riding, traveling, and spending time with her family.

MATTHEW SCHNEIDER



Matthew is a NASM Certified Personal Trainer and a NASM Youth Exercise Specialist. He became a Personal Trainer 10 years ago after losing over 100 pounds with exercise and proper nutrition. He shares his experience by guiding others along their personal wellness journeys; one

step and one rep at a time. Matt's fitness background is rooted in weight training; lending it useful to those who have goals ranging from remaining youthful, to getting "yolked!" He enjoys fishing, college football, reading, and staying active.

For more information, e-mail us
at: jmacdonald@ymcanj.org

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