

MEET OUR TRAINERS

Candy Manby, CPT, CN



Candy is highly motivated to help others reach their fitness goals. She is passionate about helping the senior population stay mobile and thriving in our community.

Candy strives to make personal training effective and fun. She considers all facets of your life when customizing a workout plan for you.

Guy Mushow, CPT



Born and raised in Carbondale, Guy prides himself in strengthening the community in many ways.

Guy is here to help you unlock your full potential. Whether you are chasing strength, better mobility, enhanced athletic performance or weight loss, he understands what it takes to push the limits and get results.

"Let's build strength, move better and transform together!"



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GREATER CARBONDALE YMCA
82 N. Main St
Carbondale PA 18407
(570) 282-2210

Fully handicap accessible
www.greatercarbondaletymca.org



United Way of
Lackawanna and Wayne Counties

PERSONAL TRAINING



TODAY'S ACTIONS ARE TOMORROW'S RESULTS

REASONS TO HAVE A FITNESS COACH

MOTIVATION
LOWER BODY FAT COMPOSITION
INDIVIDUALIZED PROGRAM
BOOST YOUR SELF-CONFIDENCE
INCREASE ENERGY LEVEL
WORKOUT SAFELY
BREAK THROUGH PLATEAUS

Health seekers experience increased self-confidence, a strong sense of belongingness, and a high sense of achievement as they pursue their health and well-being goals in a safe and supportive environment.

Our Fitness Coaches are here to coach anyone ages 12 to 100 who want to improve their physical fitness.

No matter what your fitness level, the trainers are ready to encourage, motivate, challenge, and support you!

OPTIONS FOR BETTER HEALTH

PRIVATE PERSONAL TRAINING
 *Price is Per Session

1-on-1 Training

Days per week	Member	Non-member
1 (4 trainings)	\$100	\$140
2 (8 trainings)	\$180	\$260
3 (12 trainings)	\$260	\$380

Buddy Training
 (2 people) price per person

Days per week	Member	Non-member
1 (4 trainings)	\$55	\$95
2 (4 trainings)	\$95	\$175
3 (4 trainings)	\$135	\$255

Group Training
 (3-6 people) price per person

Days per week	Member	Non-member
1	\$50	\$90
2	\$90	\$170
3	\$130	\$250

**Includes free initial
consultation & evaluation.**

FUNCTIONAL FITNESS TRAINING



Life is unpredictable & unstable. So why would you develop your training using stable & predictable routines & equipment?

Functional fitness exercises train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work or in sports. While using various muscles in the upper and lower body at the same time, these exercises also emphasize core stability.

Functional Fitness Training can make everyday activities easier, reduce your risk of injury, and improve your quality of life.

GOOD THINGS COME TO THOSE WHO SWEAT