



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## PERSONAL TRAINING

At the YMCA of Glendale, our Personal Trainers will help you get the most out of your workouts as you reach your fitness goals! We understand that no two people are the same, and we make sure that we connect you with the best personal trainer for your individual goals!

**Sessions are affordably priced at \$50 dollars or 5 sessions for \$235 or 10 sessions for \$460**

Contact Jeremy Shelton, Director of Member Health and Engagement if you are interested or have any questions.

Email: [jshelton@glenymca.org](mailto:jshelton@glenymca.org) or 818-240-4130 x133



**Matthew Anderson, L.AC, M.S. Certified Personal Trainer**

Matthew graduated from Samra University of Oriental Medicine with a Master of Science Degree in 1998. Mathew is a licensed acupuncturist in the State of California which gives him a unique perspective as a trainer. Mathew has worked in the field of fitness as a certified YMCA personal trainer for over 10 years. Matthew specializes in circuit training which promotes weight loss, flexibility and endurance in a manner which is safe and easy on the joints and muscles. Matthew also has extensive knowledge in the field of nutrition, vitamins and sports supplements. His well rounded approach gets maximum results in minimum time.



**Fernando Rios - Certified Personal Trainer**

15 years in professional baseball, culinary academy graduate with experience as a chef, and nutrition courses completed have given me an essential combination within the world of fitness. With my experience, I can help with physical therapy, nutritional coaching, and any personal fitness goals you may have. Food, nutrition, and exercise are my passion, and the key to a healthy lifestyle.

WIT Training Schools, ServSafe Certified.



**Victoria Genisce - Certified Personal Trainer**

Victoria Genisce is a ACE Personal Trainer & AFAA/NASM Group Fitness Instructor who specializes in Cardio Dance/Pilates, Strength, Resistance & Endurance Training. She is CPR & Lifeguard Certified from Red Cross and also provides specialized training in Weight Lifting for Competition, Obstacle Course Events (i.e. Tough Mudders &...) Senior Fitness and Therapy Programs include the Arthritis Foundation Programs, Multiple Sclerosis, Osteoporosis, Parkinson's Disease.



**Agamy Aparecida (Cidinha) - Certified Personal Trainer**

Cidinha has been with the Glendale YMCA for over 20 years. She has amassed extensive training in fitness and nutrition with an emphasis on active older adults. Her training approach is gentle yet challenging enough to get results. Her specialty is with active older adults and rehabilitation. She enjoys helping members reach their full potential.