



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOUR PERSONAL WORKOUT



## PERSONAL TRAINING

For more information or to book a session,  
contact Wendy Tomita- Yu at [wyu@ymcasf.org](mailto:wyu@ymcasf.org)  
or 415 447 9609.

# PERSONAL FITNESS

Here at the Presidio YMCA, we offer Personal Training for members looking to train one-on-one. Members will go through an assessment with a Personal Trainer to see what their baseline fitness level is. Our personal trainers will develop a challenging and engaging workout program specific to your goals and physiology. All of our nationally certified personal trainers have many years of experience training with a diverse group of people looking to maximize their time in a safe and fun environment.

## Rates:

- Facility Member 1:1 Training: \$299/4 Sessions, \$580/8 Sessions, \$855/12 Sessions, \$1400/20 Sessions
- Facility Member Master Trainer 1:1: \$325/4 Sessions, \$625/8 Sessions, \$925/12 Sessions, \$1500/20 Sessions
- Facility Member Semi-Private Training: \$215/4 Sessions, \$410/8 Sessions
- Facility Member Semi-Private Training with Master Trainer: \$235/4 Sessions, \$445/8 Sessions

**Register:** Please contact Wendy Tomita-Yu, Healthy Living Director to sign up or to get more information: [wyu@ymcasf.org](mailto:wyu@ymcasf.org), 415 447 9609.

## MEET THE TRAINERS



**WENDY TOMITA-YU** - Healthy Living Director, Master Personal Trainer, NASM

As a long time athlete, Wendy developed the passion to learn about the human body and human movement. She graduated from San Francisco State University with a Kinesiology degree with the emphasis in the Physiology of Health and Wellness. During her internship with the YMCA as a Wellness Coach, she found an interest in working with members one-on-one to achieve their goals. With 7+ years of experience as a certified Personal Trainer and Performance Enhancement Specialist, Wendy knows how to work with individuals with sport specific needs. Her training programs focus on conditioning, flexibility, core and strength. Wendy has worked with a wide variety of individuals, from those just looking to change up their routine to those looking to improve in their sport.



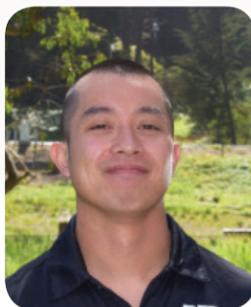
**STEPHEN ENGSTROM** - Master Personal Trainer, ACE

"Your fitness level is defined by your ability to adapt to stress." Stephen brings a rich and diverse array of expertise to his training from his background of massage therapy, fitness training, yoga, and group exercise. He emphasizes aspects of biomechanics, breath work, kettlebells, and Tai Chi to stimulate the muscles and energy systems within the body. With 17+ years of experience, Stephen will help you find your strength and flow.



**SUSIE NGARANGAD** - Master Personal Trainer, NASM

Susie draws from over 20 years of training experience, successfully coaching and adapting exercise for the widest range of physical needs, ages and abilities. Her work centers around learning new skills, the mastery of motion, and development of a mindful movement practice as the basis for sport performance and life. From Presidio Park trail hikes, to intense MMA inspired cardio fitness, to meditative stretch and release, Susie's passion is for creative movement strategies. Regardless of your goal, she offers diversity and versatility to her workouts that is core-centric and integrated in approach.



**RAYMOND VERON** - Personal Trainer, NASM

Ray has years of experience in boxing and wrestling and uses that knowledge as his method of conditioning. Unconventional conditioning with jump ropes, kettlebells, sledge hammers, monster truck tires, medicine balls is Ray's approach to fitness. Ray is a firm believer in any exercise that can get the stress out of you in a safe and orderly fashion.



**SCOTT ANDERSON** - Personal Trainer, ACE

Scott has 20+ years in Health and Wellness, and is an ACE certified Personal Trainer, Wellness Specialist, and a former healthy lifestyle educator for the Y. His education and certifications include circuit and functional training, postural conditioning, Pilates mat and apparatus, and the Y's Enhance Fitness for senior health. Scott wants his clients to have fun, feel accomplished/confident they can achieve their goals, and explore new training methods. He finds clients thrive when they combine goals, commitment, and a positive mindset. He evolves workouts with his clients through modifications, corrective exercises (to focus on imbalances), and highlighting the importance of recovery and flexibility.



**JACKY PENG** - Personal Trainer, NASM

As a sport and exercise enthusiast, Jacky is a firm believer of incorporating movement science as a stress relieving and wellness achieving tactic. He graduated from San Jose State University with a Bachelors of Science in Kinesiology with the emphasis in movement science. Jacky has aspirations to pursue a career in physical therapy. His training style emphasizes strength, flexibility, functional movement, and rehabilitation techniques so that all his clients can live and move freely and confidently. Motivation and enjoyment are two key factors for successful training, and Jacky sets this standard in his trainings.



**LISA-ANICE SUTPHEN** - Personal Trainer, MA

Lisa-Anice's training programs are known for improving the movement and understanding of the human machine. Whether you are just starting, recovering from illness/injury, or wanting to streamline your overall athletic performance, Lisa-Anice's work in biomechanical poise, balance, gait, and power will assist you in achieving your goals.



**RANDY GEE** - Personal Trainer, ACE

As a person who has been around different kinds of sports since a very young age, Randy has a passion for strength and conditioning. Randy graduated from San Francisco State University with a Biochemistry degree and is looking to further his career in the medical field. His main area of expertise is with the use of dumbbells, barbells, body weight movements, machine battle ropes and speed ladders. He is an advocate in implementing the big three compound movements to gain strength. Randy will push you and will bring out the best in you to achieve your goals.



**JULIA BOLCEREK** - Personal Trainer, ACE

Julia grew up with an athletic lifestyle playing soccer, tennis, and down-hill skiing. She teaches Step, Basic/Advanced Strength, Piloxing Barre, and recently added Adaptive Strength and Chair Class to her teaching schedule. After becoming a Wellness Specialist, Julia continued her education and became a Personal Trainer. Julia trains her clients with a focus on building strength, balance, flexibility and functional movement through body weight exercises, dumbbells, band training, and weight machines. Her enthusiasm and positive attitude proves for successful and happy clients.



**JACK RUSSEK** - Personal Trainer, NASM

As a life-long athlete, Jack transformed his love of competition into an eager willingness to help people reach wellness heights they never thought possible. Becoming a NASM certified personal trainer 4+ years ago, and then furthering himself with specialties in Corrective Exercise, Performance Enhancement, and Boxing, Jack has worked with a wide array of individuals who were all in various stages of their fitness journey. Jack takes a great deal of pride in being a welcoming, inhibition-easing, fitness professional who can deliver results no matter the situation. If you have goals in mind, he is not only the person to get you there safely, he will ensure you have a smile on your face the entire time! After all, fitness is not a destination, it's a journey.