

# GET MOTIVATED



Interested in Personal Training? Start your journey by setting up a **FREE PT Consultation** at the Welcome Center or on our website to schedule a session.



**Hays Communities YMCA**  
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### **Jill Adams**

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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## REACH YOUR GOALS

### Personal & Group Training



## Meet the Trainers



### Alisha Edwards

- Obstacle and HIIT training
- "Do what you fear & fear disappears!" "Smile everyday!" :)
- Available mornings 9am-12pm and early evenings 3-5pm

### Donald "Buzz" Gadbois

- Functional fitness, strength and conditioning
- "I am passionate about helping navigate all the confusing information to improve your own health."
- Call for availability

### Cristina Cepeda

- Core, plyometric, strength and corrective exercises. Specializing in pre and post-pregnancy.
- "The quality of life you pursue makes a huge difference in how you actually live."
- Call for availability

### Daniel Martinez

- Strength and fat loss
- "Fall in love with the process"
- Available Monday/Wednesday: 5am-7am

### Joe Randick

- Weight loss, HIIT, functional fitness, corrective movement, strength and conditioning
- "Using your goals, and expectations, to create a workout program that pushes you to become the best version of YOU!"
- Call for availability

# Small Group Training Classes

## TRX

Various days & times.  
New sessions each month.

TRX Suspension Training is perfect for those who want to develop lean muscle, build more muscle, or lose weight. This unique training tool allows you to use your own body weight and gravity as resistance.

## Tabata

Tuesdays & Thursdays,  
5:15am - 6:00am

Increase your strength, endurance, and cardiovascular fitness, with Tabata! This 8-week program combines bootcamp-style fitness with high-intensity interval training. Tabata provides comprehensive total body conditioning and effective workouts that maximize your results in minimal time.

## Extreme Bootcamp (Outdoor Class)

Various days & times.  
New sessions each month.

The Extreme Bootcamp Outdoor Training Class is a combination of strength, cardio, muscular endurance, flexibility, core, and functional movement patterns. This class utilizes a variety of workout tools which range from using your own bodyweight to flipping tires and everything in between.

## Triathlon Training

Various days & times.  
One session per year.

This 12 week program is led by YMCA spin instructor and triathlete, Jill Eddleman and is open to men and women of all athletic abilities. Train with a group to participate in The Rookie Triathlon in May. Triathlon training includes 3 workouts per week: swim, bike and run. Training will also include information sessions on getting "race ready".

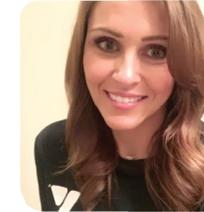


## Meet the Trainers



### Mary Carroll

- All ages corrective exercises and injury rehabilitation
- "A healthy body, mind, and spirit are gifts to be well cared for."
- M/Tu/Th/F mornings and M/Tu evenings



### Laura Oborski

- Endurance and Strength, Body Weight, and Kettlebell training and TRX Suspension
- "Take care of your body. It's the only place you have to live." - John Rohn
- Call for availability



### Brandon Clinger

- Cardiorespiratory endurance and resistance training
- "Hard work pays off! Never give up!"
- Available mornings, afternoons, and evenings



### Amanda Moore

- Strength and Balance
- "It's going to be a journey. It's not a spring to get in shape." - Kerri Walsh Jennings
- Available evenings with some flexibility



### Beverly Lopez

- Resistance and Cross-Training
- "Celebrate all victories, big or small!"
- Available Monday/Wednesday: 9am-12pm; 2-3pm