



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Meet Your Trainer: ANGEL KUCZAJDA



**I WAS** committed to a GYM and thought that would be all I needed to stay healthy and in shape. I was VERY, VERY WRONG. I lived an unhealthy lifestyle, didn't eat much and worked out DAILY but over the course of 10 years I steadily gained 100 lbs of fat. In 2018, I hit 260 POUNDS and decided I needed expert ADVICE. I saw a dietitian and learned SO MUCH MORE. I LOST 100 POUNDS in 6 months. Since then, I have dedicated MYSELF to teaching OTHERS about the specifics for weight loss and how to live a healthy lifestyle. I earned my personal training

CERTIFICATION through ACE so I can coach you. I want to help teach you how to meal prep, shop, eat and workout. I have learned UNIQUE movements from other personal trainers these last 2 years. Let me coach you so you can understand how UNIQUE your body is and how to reach your goals. I cater to all fitness levels, from beginners to advanced athletes. I dedicate myself to really getting to know YOU! Together we will talk, shop, cook and workout, whatever it takes to get you feeling like your BEST-SELF!

Contact Angel today by email at [akuczajda@ymcaoftheprairie.org](mailto:akuczajda@ymcaoftheprairie.org) or call her at **(308) 746-4490**.





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# Angel's Personal Training Packages

Whether you simply want to become more active and lose some weight or you want to build stability to prevent future injury; that is what a personal trainer is for. I will help adhere to a personalized program that we will create together to meet your goals.

## Basic Personal Training

Ongoing personal training includes a monthly consultation and take-home exercise routine:

**Per month: \$10**

## Advanced Personal Training

Set up for success with a weekly consultation, workout session and take-home personalized routines:

**2-week trial with free consultation: \$50**

**6 weeks: \$200**

**12 weeks: \$350**

**18 weeks: \$500**

## SPECIALTY PROGRAMS

### Weight Shredder

Do you want to lose weight efficiently and permanently? If it's 10 pounds or 100, this is the package for you. I will create a program that will meet your goals and fit your schedule.

**6 weeks: \$220**

**12 weeks: \$370**

**18 weeks: \$520**

### Athletic Performance Enhancement:

No matter what sport you are interested in whether that be wrestling, boxing, baseball, football, cheer leading, volleyball, or basketball, I can build a fitness program specialized for you. I can help you improve your performance whether your goal is to achieve a standing back tuck, a higher vertical jump or train for a marathon.

**6 weeks: \$220**

**12 weeks: \$370**

**18 weeks: \$520**

### Healthy Lifestyle & Life Cycle Adaptation Program

If you are pregnant, postpartum, pre-diabetic, diabetic, have hypertension, osteoporosis or need any other lifestyle or life cycle adaptation, I can create a specialized plan to help you.

**6 weeks: \$250**

**12 weeks: \$400**

**18 weeks: \$550**

All specialty programs include a t-shirt, water bottle and food journal.