

DUSTIN HALEY

My name is Dustin Haley, and I'm a certified personal trainer dedicated to establishing personalized training plans that keep client's schedules, goals, preferences, limitations, and experience in mind.

I've been a personal trainer since 2015 and coached multiple sports for over 14 years. Through these roles, I have worked with numerous clients and student athletes, helping them to establish goals, and a training model that best meets their individualized needs. My process involves sitting down with my client, finding out your reason for pursuing personal training, and establishing a set of specific, measurable, and attainable goals. These goals ensure that our workouts can be productive and help you to achieve your desired results.

Fitness is a means by which we add health and life to our years. Through empowering us to be the best that we can be physically, it helps us to bring balance to all areas of our lives. I'm excited to accompany you on your fitness journey!



CERTIFICATIONS: Ace Certified Personal Trainer

YEARS/HOURS OF EXPERIENCE: 8 years as a personal trainer / 14 years H.S./M.S. coaching and strength training experience

AVAILABILITY: Before/After School, w/ more flexibility during summers

CONTACT:

•Email: 1dustyguy1@gmail.com

•Phone: 573-220-4709

SESSION COST & DURATION OPTIONS:

SESSION COST	DURATION	NUMBER OF SESSIONS
\$55/session	60 minutes	1-9
\$500/package	60 minutes/session	10 Total
\$40/session	30 minutes	1-8
\$350/package	30 minutes/session	10 total
Call Dusty to inquire about small group pricing (2-5 people)		

For more information, contact Quinton Sallin, YMCA Wellness Director, at qsallin@jcyymca.org or 5737613225.