

PERSONAL TRAINING

Gain the confidence you need to achieve and exceed your health and fitness goals with the guidance and support of our nationally certified personal trainers. Our trainers are here to coach and guide you to a healthier and stronger you. Check one of our various different package options.

REASONS TO WORK WITH A TRAINER

Achieve your personal best.

- Our trainers work to keep you accountable, motivated and pushing forward towards your health and fitness goals.
- Are you bored with your workouts? A trainer can help make it fun again and show you new exercises. They can also show you new ways to use tools and equipment.
- Do you need more challenge out of your sweat sessions? Our trainers are ready to push you to the next level in your training.
- Learn how to exercise on your own. Your trainer will guide you through various exercises and safe forms to gain the confidence to lead your own workouts.

MEET OUR TRAINERS



Brittany Bord



Desirae Brittnacher



Kelsey Young



Heather Erdmann



Katelyn Peplinski



Kristy Leach



Tania Hobbs

Contact Information:

Renee Kinney,
Healthy Living Director
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kinney@swcymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GAIN STRENGTH

ACHIEVE YOUR PERSONAL BEST
Personal Training
SOUTH WOOD COUNTY
YMCA



South Wood County YMCA
601 West Grand Ave.
Wisconsin Rapids, WI 54495
P 715.818.9622

www.swcymca.org

1-ON-1

Personalized, goal-driven, trainer-led

There isn't one plan that will fit every BODY. Work with a trainer to create a custom plan for you and your goals.

FEES

60-MINUTES

MEMBERS

1 Session	\$55
5 Sessions	\$230
10 Sessions	\$400

NON-MEMBERS

1 Session	\$70
5 Sessions	\$300
10 Sessions	\$550

BUDDY TRAINING

Partner fitness for accountability and fun

Get fit with a partner! Bring your friend, family member or spouse to keep each other accountable in your training and to make it fun, and they save 50%.

FEES

60-MINUTES

5 Sessions	\$345
10 Sessions	\$600

Limited to two participants per session. One participant must be a member.

TRAIN YOUR WAY

Trainer-designed, self-led training

Do you feel confident in the gym but want someone to create your program? This option is for you! Meet with a trainer to talk about your goals, then they will set you up with a program to follow over the next month.

FEES

MEMBERS

\$100 per Plan, \$50 Check-ins

NON-MEMBERS

\$130 per Plan, \$65 Check-ins

HOW TO SIGN UP:

FILL OUT A PACKET FROM THE MEMBERSHIP SERVICES DESK, OR ONLINE.

THE HEALTHY LIVING DIRECTOR WILL PAIR YOU WITH A PERSONAL TRAINER.

YOUR TRAINER WILL REACH OUT TO SCHEDULE A 1-ON-1 CONSULT TO FURTHER DISCUSS YOUR GOALS, LIMITATIONS AND IDEAS FOR PROGRAMMING.

NEXT, YOU AND YOUR TRAINER WILL SET A SCHEDULE, DEPENDING ON HOW MANY SESSIONS YOU DECIDE TO PURCHASE.

MOVE, NOURISH & CARE

Training, nutrition and massage.

A holistic program focused on moving your body, using food for nourishment and practicing self-care. This program is ideal for those new to fitness, or coming back after a long break

Includes the following:

- 4, 60-m Personal Training Sessions
- 2, 60-m Nutrition Counseling Sessions
- 2, 60-m Massage Therapy Sessions

FEES

MEMBERS \$455

NON-MEMBERS \$500

SAMPLE SCHEDULE

Nutrition Counseling	Week 1
Personal Training	Week 2
Personal Training	Week 3
Massage Therapy	Week 4
Personal Training	Week 5
Personal Training	Week 6
Massage Therapy	Week 7
Nutrition Counseling	Week 8
