

Personal Training and You!

First Consultation is FREE!

Not sure what to expect out of your personal training session?

Meet with a Training Coach to learn what it is all about.

Benefits of a Personal Trainer:

- Martial Arts
- Swimming
- Yoga and Pilates
- Body-building
- Athletic Training
- Senior and Teen Fitness
- And MORE!



YMCA Mission

To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.

Meet Our Trainers

Pam Brewer

AFPA Certified Personal Trainer.

I desired to help you achieve our personal fitness goals, working with all fitness levels and ages. A healthy fitness routine can benefit your daily life by boosting your energy, relieving stress, and living longer.

Marilyn Duschl

Marilyn has over 40 years experience in the health and wellness industry. She believes each personal training client comes with their own goals, barriers, and desires. Her job is to help them to reach those goals, overcome the barriers that have prevented success in the past and give them a program that fulfills their desires.

Katie Simonsen

ACSM Certified Personal Trainer.

By developing programs geared to your goals and interests she strives to make your workouts challenging and effective. Her specialty is applying the principles of yoga and Pilates to help improve posture and increase your sense of well-being.

For more information or to set up your free consultation, please contact:

YMCA of the Northwoods
2003 Winnebago Street East
Rhineland, WI 54501
715-362-9622 ext. 113



For Youth Development
For Healthy Living
For Social Responsibility

HELPING YOU REACH YOUR GOALS



Program Training
YMCA of the Northwoods

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What to Expect

You will work one-on-one with a training coach. Your trainer will work with you to map out a training plan that you then implement on your own.

The Consultation

You can choose one of our trainers or let our Wellness Director match you up with a trainer who can meet your needs. You will then meet with the trainer to discuss your overall goals. You and your trainer should feel confident in the plan laid out in this consultation as you enter into your first training session.

Fitness Assessment

Your trainer may also recommend a fitness assessment to determine current fitness level.

Regardless of your current level the assessment is very beneficial to track progress and determine appropriate training strategies. The assessment may include any or all of the following:

- Body Composition
- Muscular Strength
- Muscular Endurance
- Cardiovascular Recovery
- Cardiovascular Endurance



How Is Program Training Different From Personal Training?

Save Money

The first noticeable difference is that Program Training is a little less expensive than Personal Training. This is because unlike Personal Training, your trainer will not be by your side during each workout. Rather they meet with you and design your training plans which you then implement on your own to reach your fitness goals.

Guidance

Program training is great for those individuals who like to work out on their own but would like guidance on training plans or new ideas for their workout.

Train Smarter

Generally members who use program training are looking for a few fresh ideas on exercises, or may have a specific goal, like a race or a reunion, that they need direction on setting up a training plan.

Progression

You will get the most out of program training if you plan to meet with your coach as often as your training goals require. This could mean meeting once a month to once a week depending on the level of instruction you desire.

A Plan For Every Body

Every member will receive at least a twelve week training plan to get you started in the right direction and give you a sense of where you could go with your training routine.

Program Training Prices

30 Minute Sessions

\$15 member/\$22 general public



Payment and Policies

Payment is required in advance of your first training session. The consultation is free and is not considered part of your training session package. All sessions must be used within six months of purchase and are not transferable. Gift certificates are available. Your trainer will go through the policy packet on the first day of your training.



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