



Personal Wellness Training

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BREAK THROUGH THE WALL

Personal Wellness Training

Youth Personal Wellness Training

Youth Personal Training / Sports Training:

10-18 years

One-on-one training for youth.

Contact Craig Pautz at 482-1520.

For members only.

Coed Youth Strength Training:

10-15 years

A safe and supervised class
with certified instructors.

Youth Partner Personal Training / Sports Training:

10-15 years

Boost your training program
with TWO person training.

Adult Personal Wellness Training

Personal Fitness Program (PFP)

The Y's innovative program for introducing
inactive people to regular exercise.

Meet with your fitness coach today

so they can help you reach your goals.

Call Craig Pautz at 482.1520

to schedule your first session
with a certified fitness coach.

Adult Weight Lifting-Beginner

Use free-weights and circuit-equipment.

Personal Training

Get the results you want.

One-on-one, contact Craig Pautz
at 482.1520. For members only.

Partner Personal Training

Boost your training program
with TWO person training.



MANITOWOC-TWO RIVERS YMCA

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