

PERSONAL TRAINING MEMBER RATES

*prices double for nonmembers

Hour Sessions

1	60 minute session	\$40
5	60 minute sessions	\$190
10	60 minute sessions	\$360

Half Hour Sessions

1	30 minute session	\$25
5	30 minute sessions	\$115
10	30 minute sessions	\$210

Small Group Training (2-4 people)

*fees are per person

2 People

1	60 min.	\$20	1	30 min.	\$12
5	60 min.	\$90	5	30 min.	\$55

3 People

1	60 min.	\$14	1	30 min.	\$9
5	60 min.	\$65	5	30 min.	\$45

4 People

1	60 min.	\$10
5	60 min.	\$48

APPOINTMENTS

Scheduling your Sessions

To schedule your orientation or personal training session, stop at the Membership Services Desk or call the main YMCA line at 920.482.1500.

Payment is required before or at the time of service. Cash, check or credit card is accepted (Visa, Master Card, Discover, American Express).

Cancellation Policy

Cancellations must be made at least 24 hours prior to your scheduled appointment. Call us at 920.482.1500 to cancel. No shows will be still be charged for service.

FIND US ON:



YouTube



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available in the palm of your hand!



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stay
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Register online, in person, or over the phone!

MANITOWOC-TWO RIVERS Y
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www.mtrymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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HELPING YOU
RAISE
YOUR BAR!

Personal Training Services

Manitowoc-Two Rivers YMCA

SHAPE YOUR BODY



PERSONAL TRAINING 1 on 1 or Small Group

Personal Wellness Training

One-on-one training to reach your wellness goals. Whether it is weight-loss, muscular strength/flexibility, injury prevention, post rehabilitation or just a place to start, a Certified Personal Trainer will help you attain your goals. Personal Training is for all ages and ability levels.

Small Group Personal Training

Create a group of 2-4 youth/adults to train together with a YMCA Certified Personal Trainer. Develop healthy habits with built-in accountability. Small Group Training is for all ages and ability levels. Great for couples, friends, teammates, and even family!

MODES OF TRAINING

Including but not limited to:

- ⇒ Toning / Weight-Loss
- ⇒ Strength-building
- ⇒ Cardio / Endurance
- ⇒ Interval Training
- ⇒ Sport-Specific Drills
- ⇒ Agility and Coordination
- ⇒ Functional Movement
- ⇒ Flexibility and Mobility
- ⇒ Post-Rehabilitation
- ⇒ Aquatic Personal Training
- ⇒ TRX Suspension Training

....and more...just ask!



SERVICES

New Member Orientation

Learn how to properly and safely use cardio and circuit machines in the Lifestyle Center. Discuss program and class options that best fit your interests and abilities! Contact Debbie Fuller at 920.482.1520 or email dfuller@mtrymca.org to set up an appointment. Fee: **FREE**

Fitness Assessment

A Certified Personal Trainer will work with you to determine your baseline of fitness and/or progress. Includes body composition analysis and functional movement screen. Set and achieve attainable goals with the guidance of a trainer. Fee: **\$20**

Youth Lifestyle Orientation

Youth ages 12-15 can get certified for a Youth Fitness Pass. Learn proper use of cardio & select circuit equipment. Child will earn a wristband upon completion which must be worn when in Lifestyle Center. A YMCA Personal Trainer will work with child and evaluate use of equipment. Child must "pass" assessment to earn their Youth Fitness Pass. Fee: **\$10**