



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU RAISE YOUR BAR!

Personal Training Services

MANITOWOC-TWO RIVERS YMCA



Small Group Training

Create small groups of between 3-6 youth/adults to train together with a YMCA Certified Personal Trainer. Develop healthy habits with friends. Allowed for both youth and adults.

Member Fee: \$12 per person per hour session
Non-Member Fee: \$30 per person per hour session

Personal Training

One-on-one training to reach your wellness goals. Whether it is weight loss, muscular strength/flexibility, injury prevention, or post rehabilitation; a YMCA Certified Personal Trainer will help you attain your goals. Allowed for both youth and adults.

1-60 Minute Session: \$35
5-60 Minute Session: \$165
10-60 Minute Session: \$310

MANITOWOC-TWO RIVERS Y
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Join our services today to enhance your overall health and well-being.
Contact Cheyenne at 920.242.5053 or cwoepse@mtrymca.org
to learn more about the services offered.
Like us on Facebook (MTR YMCA Personal Training).