

# TESTIMONIAL

“As a person with Parkinson’s Disease, movement is medicine. Debbie Fuller is my Personal Trainer and uses her expertise to personalize my sessions. I also participate in the Rock Steady Boxing program for Parkinson’s which gives me a chance to exercise and socialize, where Debbie is also the certified coach leading the group. I highly recommend working with her.”

-Patrick G.  
*(member and personal training client)*



# MEMBERSHIP FOR ALL

Membership financial assistance is available to those who apply and qualify. Annual Campaign Funds are raised each year to help provide this program to the community. Please contact Membership Services for more information.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MOVE AHEAD GAIN CONFIDENCE

POST-REHAB  
EXERCISE PROGRAM

Manitowoc-Two Rivers YMCA



Download YMCA360 to view schedules, register for programs, or access on-demand classes!

FIND US ON:



MANITOWOC-TWO RIVERS Y  
205 Maritime Drive  
Manitowoc, WI 54220  
920.482.1500  
www.mtrymca.org

10/30/2024

## ABOUT THE POST-REHAB EXERCISE PROGRAM

This program is the development and implementation of fitness programming intended for clients that have been released from physical therapy, as advised by physician or physical therapist, clients who suffer from chronic diseases and physical limitations. Please know that our Certified Personal Trainer will not diagnose or provide any aspect of medical treatment of a client's condition.

There will be communication as needed between physical therapist and/or physician on recommendations, limitations, restrictions, precautions, short and long-term goals.

### MASTER LEVEL CERTIFIED PERSONAL TRAINER – CERTIFIED EXERCISE THERAPY SPECIALIST

Debbie Fuller  
dfuller@mtrymca.org  
(920) 482-1570

Our trainer is knowledgeable in anatomy, exercise, injury prevention, corrective exercise, strength and conditioning, balance, muscle atrophy, functional movement, stability and mobility. Trainer will guide clients through realistic goal setting based on expectations and fitness limitations.

## BENEFIT TO YOU

The benefits from a comprehensive health and fitness program will help clients prevent and manage disease, avoid injury, improve overall wellness and increase independence in daily living.

We will be able to motivate, educate, increase energy & strength, improve self-confidence, and guide clients on safe, effective exercise techniques regarding specific health and fitness needs.



## GETTING STARTED

### Sessions (nonmembers price is double)

1 -60 min	\$55	1 -30 min	\$35
5 -60 min	\$260	5 -30 min	\$175
10-60 min	\$490	10 -30 min	\$342

Receive one free STYKU 3D body measurement scan with purchase of 5 or 10 sessions. If not a Y member and decide to become one, we will waive the join fee and first month membership dues.

## APPOINTMENTS

### Scheduling Your Sessions



To schedule your personal training session, stop at the Membership Services Desk or scan the QR code to fill out the Personal Training Interest Form. Our personal trainer will call you to schedule an appointment.

Payment is required before or at the time of service. Cash, check or credit card is accepted (Visa, Mastercard, 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 still be charged for service.