

PERSONAL TRAINING MEMBER RATES

(nonmember price is double)

One-on-One Sessions

1-60 min	\$55	1-30 min	\$35
5-60 min	\$260	5-30 min	\$175
10-60 min	\$490	10-30 min	\$342
20-60 min	\$963	20-30 min	\$648

Small Group Training (2 people)

5-60 min	\$148	5-30 min	\$109
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Styku Body Scan Rates

1 session	\$50
2 sessions	\$75

Purchase any 5 or 10 personal training package and receive 1 FREE Styku Body Scan. Additional scans available with all packages for \$35.

Scheduling Your Sessions

To schedule your personal training sessions or orientation, stop by the Membership Services Desk or scan the QR code to fill out the Personal Training Interest Form.



12/12/24



The only thing that stands between you and what you want out of life is the will to try—and faith to **believe it's possible.**
-Rich DeVos

Come see what we have to offer.
VISIT TODAY!

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

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

*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.

*All personal training sessions expire one year from purchase date and are non-refundable.

FIND US ON:



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



TRAIN SMART LIVE BETTER

PERSONAL TRAINING SERVICES

MANITOWOC-TWO RIVERS YMCA

PERSONAL TRAINING

Personal Wellness Training

One-on-one training to reach your wellness goals. Whether weight loss, muscular strength and conditioning, injury prevention, flexibility, balance, or a place to start. Our Certified Personal Trainers will help you attain your goals. Personal Training is for youth/adult ages 12+ and all ability levels.

Small Group Personal Training

Enjoy the motivation and accountability with a small group of friends/family. Create a group of 2-4 youth/adults and train together with a Certified Personal Trainer.

Adaptive Personal Training

One-on-one training with a Certified Personal Trainer to improve functional mobility and increase strength for individuals with physical limitations and special needs.



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.

STYKU® 3D Body Scan

STYKU recreates your body in 3D and shows how your shape is changing over time using harmless infrared light. Completely private data that extracts waist, hip, thigh, body fat % and more with medical-grade precision. Check out <https://www.mtrymca.org/styku-3d-body-scanning> to learn more.

Youth Fitness Orientation

Youth ages 12-15 can earn a youth fitness pass (bracelet) to workout in the Lifestyle Center. A child will work with a YMCA Personal Trainer to learn proper use of cardio and circuit equipment. The child must pass the assessment to receive the fitness pass. This does not include the free-weight room (youth ages 12-15 are restricted from the free-weight room).

Well-to-Work

Cardiorespiratory fitness, also known as cardio fitness or aerobic fitness, is often assessed to evaluate a client's capacity to perform at work. A YMCA Personal Trainer will perform the 3-minute step test, 1.5 mile run test or Rockport Walk test based on employer requirements. Results will be provided to client and employer following assessment.

MEET OUR TRAINERS



Debbie Fuller
AFPA Certified Personal Trainer -Master Level, AFPA Certified Strength and Conditioning Specialist, ISSA Certified Exercise Therapy Specialist, AFPA Certified Nutrition & Wellness Consultant, TRX Suspension Certified, Rock Steady Boxing for Parkinson's Certified, Livestrong @ the YMCA Certified. **Specialties:** Chronic health, corrective exercise, strength and conditioning.



Gina Wotruba
NASM Certified Personal Trainer, NASM Certified Nutrition Coach, NASM Certified Virtual Personal Trainer, TRX Suspension Certified, Group Fitness Instructor Certified. **Specialties:** Strength and muscle building, group exercise, functional strength.



Candy Ruffolo
Group Exercise Instructor certified, Concepts & Controversies in Personal Training, Silver Sneakers certified, TRX/BOSU Balance & Stability, Laugh Yoga & Therapeutic Yoga for Kids certified. **Specialties:** Silver Sneakers, group exercise, yoga.



Cheryl Gehrke
Group Exercise Instructor certified, Silver Sneakers certified, YMCA Strength and Conditioning instructor, Stability Ball/Sports Conditioning. **Specialties:** Silver Sneakers, group exercise.



Lorenzo Fredenberg
YMCA Strength and Conditioning, Functional Training. **Specialties:** Strength and conditioning for all levels.