

# PERSONAL TRAINING

## REALIZE YOUR POTENTIAL

By working with a trainer, you will receive instruction and encouragement to push yourself further than you can imagine. Ultimately we hope you can become your own personal trainer, having the confidence and motivation to take charge of your own health and wellbeing. You will love the energy you feel after a great workout with our trainers and the satisfaction of making fitness a priority in your life! Workout one-on-one, with a partner or as a small group by purchasing a personal training package at one of our Y locations. Sessions are 30 or 60 minutes and are available in packages of 4, 8 or 12 sessions.

Paid in Full Packages	4 Session Package		8 Session Package		12 Session Package	
	30 Minutes	60 Minutes	30 Minutes	60 Minutes	30 Minutes	60 Minutes
All fees are per-person						
Personal (1:1)	M \$124/GP \$172	M \$240/GP \$332	M \$224/GP \$312	M \$324/GP \$600	M \$300/GP \$420	M \$576/GP \$804
Partner Training (1:2-3)	M \$76/GP \$104	M \$144/GP \$196	M \$136/GP \$184	M \$256/GP \$360	M \$180/GP \$240	M \$348/GP \$468

Stop by the Welcome Desk for paid in full package terms. All packages expire in 6 months.

## GROUP PERSONAL TRAINING (SGPT)

### TRAIN TOGETHER

Enjoy all the benefits of personal training and make new friends as you reach your fitness goals with small group personal training. We offer a wide variety of training programs taught by certified instructors who provide you a safe, effective workout for your health and fitness needs. Already have a group of people who want to train together? You can create a small setting at the time and dates your group prefers.

Small Group Personal Training	3 Week Session		4 Week Session		5 Week Session	
	30 Minutes	60 Minutes	30 Minutes	60 Minutes	30 Minutes	60 Minutes
All fees are per-person						
Paid in Full	M \$19/GP \$24	M \$39/GP \$49	M \$24/GP \$29	M \$49/GP \$159	M \$29/GP \$34	M \$59/GP \$69
Monthly Plan (*2 Month Min.)	M \$17/GP \$22	M \$35/GP \$45	M \$22/GP \$27	M \$45/GP \$55	M \$27/GP \$32	M \$55/GP \$65

## TRX TRAINING

Get fast, effective, total-body workouts with TRX to strengthen your core, improve stability and increase muscular endurance. TRX is a total body resistance exercise that uses a suspension training system, making it possible for you to use your own body weight and gravity for an effective workout. Participants can customize the difficulty of their workout by making simple adjustments to the TRX system. Small Group Training offers individual attention by a certified personal trainer.

TRX Fusion: Mon 9:30-10:30am or Fri 5:00-6:00am TRX 30 Thu 8:30-9:00am or Fri 8:00-8:30am

## SPORTS & AGILITY TRAINING

There are many benefits of speed and agility training, including an increase in athleticism, confidence and improvement of fitness levels. The workouts improve acceleration, deceleration, foot speed, quickness and change of direction. If you want to get better at a sport you must develop your overall athleticism. Building an athletic foundation and motor skills is key and gives you the base to build your sport-specific skills in a balanced way. For first time sport players or veteran athletes it provides the opportunity to get faster, stronger and more skilled without risking overuse injuries due to using the same motions.

## WOMEN ON WEIGHTS

Designed for women who want to increase their strength and fitness, Women on Weights focuses on teaching exercise routines using free weights. Groups are small and are for beginner to advanced strength training. [Watch for additional Small Group Trainings on our website at ymcaracine.org.](#)

## SPECIALTY TRAINING

### PRE & POST REHAB TRAINING

An injury can have a dramatic effect on the quality of life. Recovery from injury or surgery can present a number of challenges that may take a physical, mental and emotional toll. The pre-rehab training will prepare you for your upcoming surgery. The post-rehab program provides a continuation of healing for individuals recovering from musculoskeletal injuries, after discharge from rehabilitative services and will assist you in returning to not only your normal daily activities but also to help you meet any fitness or sports goals. Your Physical Therapist will work directly with your certified Personal Trainer to relay the history of your injury or surgery and physical therapy as well as ensure appropriate exercise progression.

Program fee includes an eight-week program consisting of 12 visits with a certified personal trainer. Two 45-minute sessions per week during the first four weeks. One 45-minute session per week for the second four weeks. Sessions include warm up, land or water program and cool down/stretch. **Fees: \$350 members/General Public \$450**

For more information on training programs, contact Mathias Werve, [mwerke@ymcaracine.org](mailto:mwerke@ymcaracine.org) or call 262.898.4551

FALL I MEMBER REGISTRATION BEGINS AUGUST 23 • GENERAL REGISTRATION BEGINS AUGUST 30