

# MORE HEALTH AND WELLNESS

## PERSONAL TRAINING

### REACH YOUR GOALS WITH A CERTIFIED PERSONAL TRAINER

Everyone needs the advice of an expert sometimes, as well as the personal attention that comes with a trainer or coach. The Y offers personal, partner and small group training to help with setting and meeting goals in order to live healthier.

All fees are per person	1 Session 60 min session	5 Session 60 min session	10 Session 60 min session
<b>Personal (1:1)</b>	<b>M\$65/GP\$80</b>	<b>M\$300/GP\$375</b>	<b>M\$500/GP\$700</b>
<b>Partner (1:2-3)</b>	<b>M\$55/GP\$70</b>	<b>M\$250/GP\$325</b>	<b>M\$450/GP\$500</b>

Personal trainer's request 24 hours notice if cancelling an appointment. Appointments cancelled with less than 24 hours notice will be forfeited. All personal training sessions are nonrefundable and expire twelve months after date of purchase.

## TEEN STRENGTH ATTACK (Ages 12-15)

A fitness coach will guide teens through proper use of cardio and selecterized strength circuit, teaching proper techniques and rules of the Wellness Center. This class and parental supervision are required for 12 to 15 year olds who want to use the Wellness Center. **(FREE)**

## SMALL GROUP PERSONAL TRAINING(SGPT) (4-6 participants)

Small Group Personal Training (SGPT) provides the energy, camaraderie and push to attain personal goals. Enjoy a strong support system of like-minded individuals and have a blast while working out!

Balance & Foam Rolling • BOSU® Balance & Core • Free Weights  
Kettlebell & Ropes • TRX® Fusion  
TRX® 101 • Women on Weights

SGPT sessions are fee based and run on a monthly basis.

**Pick up a schedule at the Welcome Desk.**

## TRAINER-LED WORKOUTS (8-16 participants)

Trainer-led workouts are group personal training sessions that offer a cost effective way to meet goals through specialized training sessions led by personal trainers.

Circuit Training • Functional Training • TRX®

Trainer-led workouts are fee based and run on a monthly basis.

**Pick up a schedule at the Welcome Desk.**

## COOKING/UPHOLSTERY CLASSES

### JAPANESE COOKING - SEALED AIR BRANCH - MGR

Join this hands-on class and learn how to make authentic Japanese dishes from a Japanese native.

#### CURRY & RICE/TOMATO SALAD

Wed., January 16<sup>th</sup> 10:30am-12:00pm or 5:30pm-7:00pm

#### OKONOMIYAKI/JAPANESE SAVORY PANCAKE

Wed., February 27<sup>th</sup> 10:30am-12:00pm or 5:30pm-7:00pm

#### POTATO CROQUETTE

Wed., April 17<sup>th</sup> 10:30am-12:00pm or 5:30pm-7:00pm

**\$20 Member/\$40 General Public (Limit 8 per class)**

**All cooking class participants must register at least 48 hours prior to the date of the class. Classes without 4 pre-registered participants are subject to cancellation.**

### UPHOLSTERY CLASS - Lakefront Branch

Please call Cheryl at 262.637.1828 prior to the first class to discuss your project.

Tuesdays, February 5<sup>th</sup> - April 2<sup>nd</sup> 6:00pm-9:00pm

Tuesdays, April 2<sup>nd</sup> - May 21<sup>st</sup> 6:00pm-9:00pm

**\$96 Member/\$120 General Public (8 weeks)**

# ANNUAL SUPPORT CAMPAIGN YOU CAN MAKE A DIFFERENCE!

Financial assistance keeps the Y available for kids and families who could not otherwise afford memberships or programs. We raise funds through our Annual Support Campaign to ensure the Y is accessible to all people.

This year 1 in 4 people who walk through our doors will receive financial assistance for part of their membership and/or program cost. We count on the generosity of our members and community to help people of all ages and from all walks of life be more healthy, confident, connected and secure.

## YES! I WANT TO SUPPORT THE Y!

### MY COMMITMENT TO Y's ANNUAL CAMPAIGN

\$25  \$50  \$100  \$250  \$500

Banner Program Gold (\$2500 or greater)

Banner Program Silver (\$1000 - \$2499)

### PAYMENT METHOD

Check (payable to RACINE FAMILY YMCA)

Credit Card (Visa/Mastercard/Discover)

Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

### PLEASE RETURN TO:

#### RACINE FAMILY YMCA

725 Lake Avenue, Racine, WI 53403

262•634•1994

ymcaracine.org

