

Are you on the

right track?

Commit to a

Join PFP!

Healthier YOU!



- Do you want exercise to be a part of your lifestyle?
- Do you want to exercise, but don't know where to begin?
- Are you new or just returning to exercise?
- Are you recovering from an injury?
- Do you have difficulty sticking to an exercise routine?
- Do you need a little more motivation to exercise?
- Do you feel intimidated or uncomfortable in a typical workout setting?
- Do you want to jump-start your current exercise program?

*If you can answer "YES" to any of these questions, then PFP is for you—the YMCA is where you belong!*

Greater Green Bay  
**YMCA**  
Four Convenient Locations

**Broadview**  
380 Broadview Dr  
Allouez  
  
**Downtown**  
235 N Jefferson St  
Green Bay

**East Side**  
1740 S Huron Road  
Bellevue  
  
**West Side**  
601 Cardinal Lane  
Howard

YMCA Mission:  
To put Christian principles into practice through programs that build healthy spirit, mind and body for all.



**Commit To A Healthier You!**  
Personal Coach  
Personalized Schedule  
Personalized Plan



**FREE to YMCA Members!**

Contact any of our Personal Fitness Coaches for more information or schedule an appointment by calling our switchboard 920.436.9622.





**COMMIT  
TO A**

Make an  
appointment  
today



### **Personal Coach**

Connect with your coach several times based on your program. Your coach will plan your exercise strategy, answer questions and keep you motivated.

### **Dedicated Workout Space**

Work out in a non-intimidating atmosphere. Familiarize yourself with the equipment in a comfortable environment full of knowledgeable YMCA staff!

### **Personalized Schedule**

Work out when **you** want to...in the morning, over your lunch hour, or while the kids are in swimming lessons-- you choose! The goal is to work out three times a week. Your coach will be monitoring your attendance.

### **Personalized Plan**

Your Personal Fitness Program will be designed for **you**—based on your health and exercise history, personal goals and aspirations.

# Healthier YOU!

to be healthier  
in spirit, mind,  
and body.

### **NO COST**

**Personal Fitness Program is Free  
to YMCA Members.**

### **We Know Getting Started Can Be Difficult**

but with our help you can get started and we'll help you stick with it. You'll lead a healthier, more energized life and feel better about yourself as you succeed in meeting your goals.



### **The YMCA Personal Fitness Program (PFP)**

is a program for people of all ages and abilities who are looking for guidance and support in their commitment to a healthier lifestyle. Whether this is your first time working out—or your first time in a while—the Y Personal Fitness Program will help get you on the road to better health!

Your coach will work with you to create a program that will incorporate realistic goals and involve a variety of enjoyable activities that suit your needs and schedule. Your coach is there to provide support and teach you how to take advantage of the many resources available at the YMCA. You'll connect with your coach several times throughout your program.

Best of all, the Personal Fitness Program is FREE with your YMCA membership. For more information call (920) 436-9622 or stop by any of our Green Bay locations.



**Greater Green Bay YMCA**  
**(920) 436-9622**  
**[www.GreenBayYMCA.org](http://www.GreenBayYMCA.org)**

