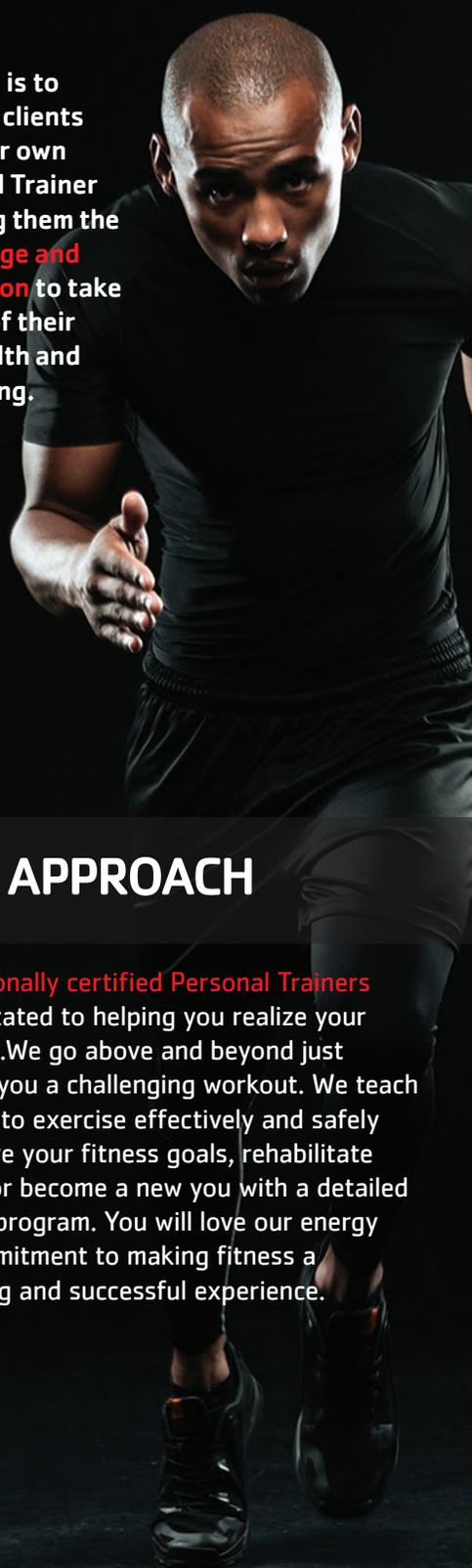


Our goal is to turn our clients into their own Personal Trainer by giving them the **knowledge and motivation** to take charge of their own health and well-being.



OUR APPROACH

Our **nationally certified Personal Trainers** are dedicated to helping you realize your potential. We go above and beyond just offering you a challenging workout. We teach you how to exercise effectively and safely to achieve your fitness goals, rehabilitate injuries or become a new you with a detailed training program. You will love our energy and commitment to making fitness a rewarding and successful experience.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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!

BROADVIEW YMCA

380 Broadview Dr., Green Bay, WI 54301

EAST SIDE YMCA

1740 South Huron Rd., Green Bay, WI 54311

FERGUSON FAMILY YMCA

235 North Jefferson St., Green Bay, WI 54301

WEST SIDE YMCA

601 Cardinal Ln., Green Bay, WI 54313



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



STRONGER TOGETHER

YMCA
PERSONAL TRAINING

You don't know your limits until you **push yourself** past them.
-Unknown



What a Personal Trainer can do **for you...**

- Define your personal goals
- Develop a customized fitness plan
- Improve your self-confidence
- Improve your wellbeing and reduce stress
- Increase your energy, mobility, and strength
- Provide motivation and accountability
- Take your fitness to the next level
- **Achieve results!**

Fitless to Fitness in 30 days or less



It doesn't matter what kind of shape you're in now, you can radically transform your fitness level and reshape your life in just 30 days or less.

Personal Training will help you get started, stay motivated and reach all your goals safely, effectively and with maximum results!

Getting started is easy!

SMART START COACHING

Establish your goals and create a plan to achieve them with 3 FREE 1-on-1 coaching sessions with a wellness professional.

SESSION 1: Consult and Goal Setting

SESSION 2: Body and Movement Analysis

SESSION 3: Fitness Plan Review and Workout

Free for YMCA Members. One offer per member.

NEW CLIENT INTRODUCTORY OFFER!

Choose one of our AMAZING new client offers to help you get started with Personal Training! The perfect complement to our Smart Start Coaching Program! *One offer per member

3 half-hour Sessions
\$75 (\$135 value)

3 one-hour sessions
\$100 (\$195 value)

Contact your Green Bay YMCA facility:

Broadview YMCA | 920.436.9519

East Side YMCA | 920.436.1231

Ferguson Family YMCA | 920.436.9667

West Side YMCA | 920.436.9523

or visit our website www.greenbayymca.org

Personal Training Rates*

INDIVIDUAL (1:1)

	30 min	45 min	60 min
Single Session	\$ 50	\$ 60	\$ 70
5 Sessions	\$180	\$225	\$275
10 Sessions	\$315	\$400	\$485
20 Sessions	\$545	\$725	\$905

BEST VALUE!
save \$495

PARTNER (2 people)

Price per person

	30 min	45 min	60 min
5 Sessions	\$120	\$145	\$180
10 Sessions	\$205	\$265	\$335
20 Sessions	\$360	\$485	\$605

SEMI-PRIVATE (3-6 people)

Price per person

	30 min	45 min	60 min
5 Sessions	\$ 90	\$ 105	\$120
10 Sessions	\$145	\$170	\$205
20 Sessions	\$240	\$300	\$365

ONLY \$18²⁵/hr!
\$1,400 value

* Payment options available for 10 and 20 session packages

* All Personal Training Sessions expire one year from purchase date and are non-refundable.

* 24 hour cancellation policy for training appointments otherwise session will be rendered.