



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



**YOU
CAN** 



**MAKE HEALTH
& WELLNESS A
PRIORITY**

YMCA PERSONAL TRAINING



Door County YMCA

1900 Michigan Street | Sturgeon Bay, WI | 920.743.4949

3866 Gibraltar Road | Fish Creek, WI | 920.868.3660

www.DoorCountyYMCA.org

920.743.4949 • www.DOORCOUNTYYMCA.org • 920.868.3660

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!

FITNESS SERVICES THAT FIT WITH PERSONAL TRAINING

BASELINE ASSESSMENT

Establish your baseline fitness measurements, and track your progress so you can select your exercise accordingly.

Assessment Includes:

- Body Measurement
- Core Strength Test
- Flexibility & Strength Test
- Cardiovascular Walk/Run Test
- Upper Body Strength Test
- Body Composition

\$30.00

BODY COMPOSITION TESTING

Determine your current body fat percentage and learn how it relates to your risk level for heart disease, diabetes and other health conditions. Our fitness specialists are available by appointment.

\$20.00



PERSONAL TRAINING – STURGEON BAY & NORTHERN DOOR

Using a personal trainer will fast track your results by teaching you correct technique, providing structure and monitoring progression on programs specific to your goals. Working with a personal fitness trainer can help you stay motivated and can also keep you accountable.

PERSONAL TRAINING PRICING

- Free consultation
- (1) 60-minutes session or (2) 30-minute sessions

Member: \$55.00

BUNDLE & SAVE!

PACKAGE OPTIONS

- (3) 60-minute or (6) 30-minute sessions of training \$150 (save \$15)
- (6) 60-minute or (12) 30-minute sessions of training \$285 (save \$45)
- (10) 60-minute or (20) 30-minute sessions of training \$440 (save \$110)

If you are interested in personal training please contact the Welcome Center for more information or to schedule your appointment.

Our YMCA personal trainers are certified and ready to help you meet your fitness goals today!



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