

Check out our classes in the Wellness Center!

Sprint 8
Sports Performance
Women on Weights (W.O.W.)
Men on Weights
Starter Fit



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAKE HEALTH & WELLNESS A PRIORITY

Door County 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

OUR PHILOSOPHY

Our Certified Personal Trainers are committed to helping you improve your fitness, health, and overall quality of life. We will fast track your results by teaching you the right technique, providing structure, and monitoring progressions on programs specific to your goals. Appropriately mixing your program will not only keep training interesting, but will ensure maximum results.

WHAT CAN A TRAINER DO FOR YOU...

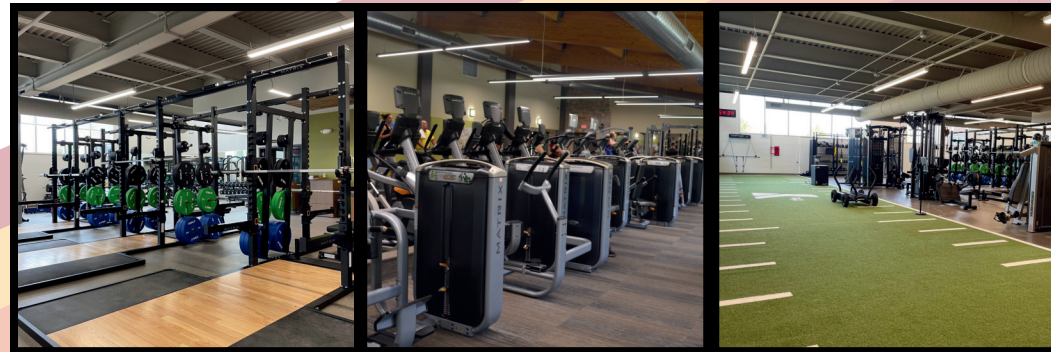
- Define your personal goals
- Develop a customized fitness plan
- Improve your self-confidence
- Improve your well being and reduce stress
- Increase your energy, mobility, and strength
- Provide motivation and accountability
- Take your fitness to the next level
- Achieve results

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



PERSONAL TRAINING PACKAGES AND PRICING

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.



PACKAGE OPTIONS

- Free Consultation for individuals interested in personal training
- (1) 60-minute or (2) 30-minute sessions of training \$55
- (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)

BUDDY PERSONAL TRAINING

Buddy packages are great for those who want to accomplish a common goal together. Save 10% on each package purchased, each member must purchase their own package.

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