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OSHKOSH, WI
PERMIT NO. 145



Oshkosh Community YMCA

3303 West 20th Avenue
Oshkosh, WI 54904

RETURN SERVICE REQUESTED

Check out all of the
exciting programs the
Y has to offer at
www.oshkoshyymca.org



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING A HEALTHY LIFESTYLE

PERSONAL TRAINING

"A journey of a
thousand miles
starts with a
single step."
Lao-tzu



Oshkosh Community YMCA

Visualize this thing you want. See it, feel it, believe in it. Make your mental blueprint and begin.

Robert Collier

Personal Training?

If you can answer “Yes” to one or more questions below, **Personal Training** might be what you’re looking for.

Do you feel stuck in an exercise rut?

Are you bored with what you’re doing?

Do you need a little something extra to motivate you?

Are you having trouble hitting a specific goal?

Sessions with a Personal Trainer can be scheduled any time the Y is open. Trainers can and do use all parts of the building to keep things fresh. Activities can range from:

- Cardio exercises in the Health & Wellness Center
- Plyometric exercises
- Strength Training
- Core/Abdominal exercises
- One-on-one exercise classes.

Y Members can start with a FREE Fitness Assessment with one of the Health & Wellness Center Staff members. We will discuss your goals and desires with you to help you figure out your best course of action.

Fees

1-4 Sessions • 1 Person: \$30 per session

1-4 Sessions • 2-3 people: \$28 per person, per session

5-Session Package • 1 Person: \$125 per package

5 Session Package • 2-3 People: \$115 per person per package

We can help you visualize, believe and achieve your fitness goals. Visit the Health & Wellness Center and speak to one of our friendly staff members. Sign up for a FREE fitness assessment and schedule your personal training sessions. We will help you find a workout that best fits YOU! Now is the time to BEGIN!

Group Personal Training

If you have a friend (or a couple of them) and want to utilize a trainer with them, we can do that! Get your friends together and come talk to one of our Health & Wellness Center Staff. Together with the staff member you can pick a time that works for everyone’s schedule. Exercising with a buddy or two can make your workouts more enjoyable, keep them exciting, and help you with accountability.

The Y can accommodate your group—up to 7 people. This is a great way to exercise! Whether it’s coworkers, family, or just friends this option can be quite fun. Sessions are structured to meet twice

per week at a time that works for your group for one hour. If you are interested in training with a group of this size please contact:

Kari Arkens | Downtown

(920) 236-3406 x390 | kariarkens@oshkoshymca.org

Kathy Jozefowski | 20th Avenue

(920) 230-8449 x119 | kathyjozefowski@oshkoshymca.org

\$40 Y Member | \$60 Activity Member

For more information contact us

Downtown YMCA 236-3380

20th Avenue YMCA 230-8439

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