

# PERSONAL TRAINING MEMBER RATES

**\*prices double for nonmembers**

## Hour Sessions

1	60 minute session	\$55
5	60 minute sessions	\$260
10	60 minute sessions	\$490

## Half Hour Sessions

1	30 minute session	\$35
5	30 minute sessions	\$175
10	30 minute sessions	\$342

## Small Group Training

**\*fees are per person**

### 2 People

1	60 min.	\$31	1	30 min.	\$23
5	60 min.	\$148	5	30 min.	\$109

*\*Larger group sizes available. Contact Membership Services for more information.*

## Styku Body Scan Rates

1 session	\$50
2 sessions	\$75
3 sessions	\$110
4 sessions	\$125
6 sessions	\$150

***Purchase any 5 or 10 personal training package and receive 1 FREE Styku Body Scan. Additional scans available with all packages for \$35.***

# APPOINTMENTS

## Scheduling Your Sessions

To schedule your orientation or personal training session, stop at the Membership Services Desk or scan the QR code below to fill out the Personal Training Interest Form.



Payment is required before or at the time of service. Cash, check or credit card is accepted (Visa, Master Card, Discover, American Express).

## Cancellation Policy

Cancellations must be made at least 24 hours prior to your scheduled appointment. Call us at 920.482.1500 to cancel. No shows will still be charged for service.

FIND US ON:



YouTube

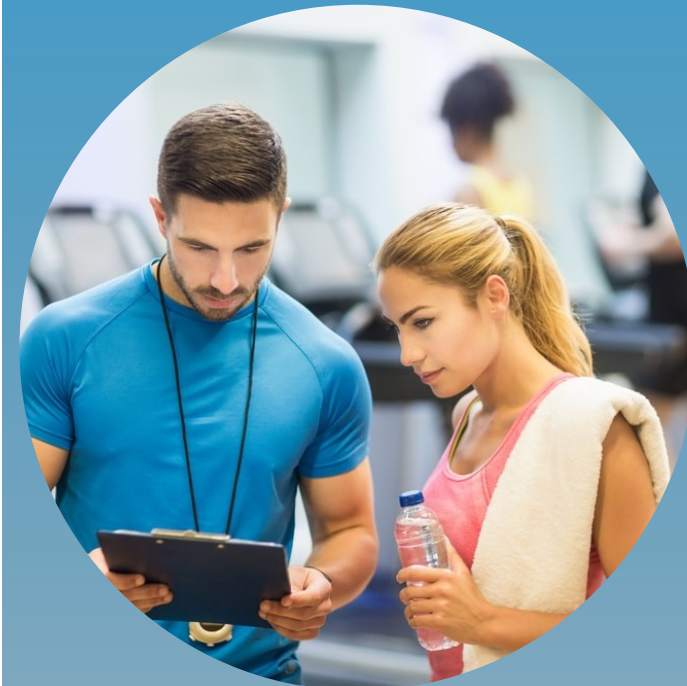


Download YMCA360 to view schedules, register for programs, or access on-demand classes!

**MANITOWOC-TWO RIVERS Y**  
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Manitowoc, WI 54220  
920.482.1500  
www.mtrymca.org



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# HELPING YOU RAISE YOUR BAR!

## Personal Training Services

Manitowoc-Two Rivers YMCA

# SHAPE YOUR BODY



## PERSONAL TRAINING 1 on 1 or Small Group

### Personal Wellness Training

One-on-one training to reach your wellness goals. Whether it is weight-loss, muscular strength/flexibility, injury prevention, post rehabilitation or just a place to start, a Certified Personal Trainer will help you attain your goals. Personal Training is for ages 12+ and all ability levels.

### Small Group Personal Training

Create a group of 2-4 youth/adults to train together with a YMCA Certified Personal Trainer. Develop healthy habits with built-in accountability. Small Group Training is for all ages and ability levels. Great for couples, friends, teammates, and family!

### Adaptive Personal Training

One-on-one training with a Certified Personal Trainer to improve functional mobility and increase strength for individuals with physical limitations or special needs.

## SERVICES

### New Member Orientation

Learn how to properly and safely use cardio and circuit machines in the Lifestyle Center. Discuss program and class options that best fit your interests and abilities!

Fee: **FREE**

### STYKU® 3D Body Scan

STYKU recreates your body in 3D and shows you how your shape is changing over time using harmless, infrared light. Completely private data that extracts waist, hip, thigh, body fat % and more with medical-grade precision. **Please head to <https://www.mtrymca.org/styku-3d-body-scanning> to learn more.**

### Youth Lifestyle Orientation

Youth ages 12-15 can get certified for a Youth Fitness Pass. Learn proper use of cardio & select circuit equipment. Child will earn a wristband upon completion which must be worn when in Lifestyle Center. A YMCA Personal Trainer will work with child and evaluate use of equipment. Child must "pass" assessment to earn their Youth Fitness Pass.

Fee: **\$30**

### Well-to-Work

Cardiorespiratory fitness, also commonly referred to as cardio fitness or aerobic fitness, is often assessed to evaluate a client's capacity for performing work. A YMCA Personal Trainer will administer the YMCA 3-Minute Step Test, the Rockport Walk Test or the 1.5 Mile Run Test based on employer's requirements. Results will be provided to client and employer following the assessment.

Fee: **\$60**

