

PERSONAL TRAINING MEMBER RATES

(nonmember price is double)

One-on-One Sessions

1-60 min	\$55	1-30 min	\$35
5-60 min	\$260	5-30 min	\$175
10-60 min	\$490	10-30 min	\$342
20-60 min	\$963	20-30 min	\$648

Small Group Training (2 people)

5-60 min	\$148	5-30 min	\$109
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Styku Body Scan Rates

1 session	\$40
2 sessions	\$70

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

Youth Fitness Orientation

\$30 (members only)

Scheduling Your Sessions

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



7/31/25



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!

MANITOWOC-TWO RIVERS YMCA

205 Maritime Drive
Manitowoc, WI 54220
920.482.1500
mtrymca.org

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

*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.

*All personal training sessions expire one year from purchase date and are non-refundable.

FIND US ON:



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



TRAIN SMART LIVE BETTER

PERSONAL TRAINING SERVICES

MANITOWOC-TWO RIVERS YMCA

PERSONAL TRAINING

Personal Wellness Training

One-on-one training to reach your wellness goals. Whether weight loss, muscular strength and conditioning, injury prevention, flexibility, balance, or a place to start. Our Certified Personal Trainers will help you attain your goals. Personal Training is for youth/adult ages 12+ and all ability levels.

Small Group Personal Training

Enjoy the motivation and accountability with a small group of friends/family. Create a group of 2-4 youth/adults and train together with a Certified Personal Trainer.

Adaptive Personal Training

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



SERVICES

STYKU® 3D Body Scan

STYKU recreates your body in 3D and shows 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. Check out <https://www.mtrymca.org/styku-3d-body-scanning> to learn more.

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.

Youth Fitness Orientation

Youth ages 12-15 can earn a youth fitness pass (wristband) to workout in the Lifestyle Center. A child must pass the proper use of equipment assessment with a YMCA Personal Trainer to receive the fitness wristband. This does not include the free-weight room (youth ages 12-15 are restricted from the free-weight room).

Post-Rehab Exercise Program

This personal training program is the development and implementation of fitness programming intended for clients that have been released from physical therapy and/or advised by a physician or physical therapist. Trainer will work with physical therapy/physician on recommendations/restrictions and will guide clients on fitness goal setting.

MEET OUR TRAINERS



Debbie Fuller

AFPA Certified Master Personal Trainer, AFPA Certified Strength & Conditioning Specialist, ISSA Certified Exercise Therapy Specialist, ISSA Certified Bodybuilding Specialist, TRX Suspension Certified, Rock Steady Boxing for Parkinson's Certified, LIVESTRONG at the YMCA Certified.

Specialties: Strength and Conditioning, Corrective & Functional Movement, Chronic Health, Post-Rehab



Candy Ruffolo

Group Exercise Instructor Certified, Concepts & Controversies in Personal Training, Silver Sneakers Certified, TRX / Bosu Balance & Stability, Laugh Yoga & Therapeutic Yoga for Kids Certified.

Specialties: Group Exercise, Silver Sneakers, Yoga



Cheryl Gehrke

Group Exercise Instructor Certified, Silver Sneakers Certified, YMCA Strength & Conditioning Instructor, Stability Ball/Sports Conditioning.

Specialties: Silver Sneakers, Group Exercise