



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

7/12

PERSONAL TRAINING

What is it?

45-minute sessions with a certified Personal Trainer who will help you safely begin and maintain an effective exercise program. The trainer will develop an exercise program specifically designed according to your personal health history, needs, limitations, and goals. He/She will provide motivation, encouragement, and accountability to your exercise program as well as serve as a resource for objective and accurate fitness information. Personal Training options include:

- One-on-One
- Buddy Training – 2 participants
- Group Personal Training – 3 to 5 participants

Who is it for?

Personal Training is for individuals 11+ years of age from novice to veteran exercisers who are looking for a program that will help them achieve their desired results.

What do I wear?

Wear comfortable clothes that allow you to move freely. Shorts, T-shirts, sweatpants, etc. Also, wear athletic shoes that offer good foot support.

Where should I go for my appointment?

Please check in at the front desk at the facility and alert a staff person that you are here for an appointment. The staff will let the Personal Training staff know you are here.

How do I register?

You may register for this program at anytime at any Green Bay YMCA Front Desk or call 436-9595. We accept Discover, Visa or MasterCard.

Other information?

Contact:	Downtown Center	436-9667
	West Side Center	436-9523
	Broadview Center	436-9519
	East Side Center	436-1231

YMCA Mission Statement

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Membership For All helps to ensure that everyone belongs to the YMCA, regardless of income level. For information contact the YMCA at 436-9622.