

OUR APPROACH

Our nationally certified Personal Trainers are dedicated to helping you realize your potential. We go above and beyond offering you a challenging workout. We teach you how to exercise effectively and safely to achieve your fitness goals, rehabilitate injuries or become a new you with a detailed training program. You will love our energy and commitment to making fitness a rewarding and successful experience.

GETTING STARTED ON PERSONAL TRAINING...



STEP 1:

Start by filling out a Personal Training Inquiry Form at the YMCA Welcome Center, online at mfldymca.org/wellness/personal_training, or on our new mobile app. A Personal Training Coordinator will contact you to answer any questions you may have and discuss your fitness goals.



STEP 2:

After discussing your goals with a Personal Training Coordinator, we will determine the personal trainer that matches your individual or small group needs and will schedule your initial 30-minute free assessment. After the first assessment, you and your trainer will set up your personal training sessions.



STEP 3:

Purchase Personal Training or Small Group Training sessions at the Y Welcome Center desk. You will receive a punch card based on the amount of sessions you purchase. You will bring the punch card with you to each training session.



MARSHFIELD CLINIC HEALTH SYSTEM YMCA Marshfield Center

410 West McMillan Street
Marshfield, WI 54449
P: 715.387.4900
www.mfldymca.org

MARSHFIELD CLINIC HEALTH SYSTEM YMCA Neillsville Center

N3708 River Avenue, Suite C
Neillsville, WI 54456
P: 715.743.2065
www.mfldymca.org/neillsville

TOGETHER ENRICHING LIVES



Marshfield Clinic
HEALTH SYSTEM

02/2022



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



ACHIEVE YOUR PERSONAL BEST

MARSHFIELD CLINIC
HEALTH SYSTEM YMCA

PERSONAL TRAINING

You don't know your limits until you **push yourself** past them.
~Unknown



What a Personal Trainer can 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!

INDIVIDUAL PERSONAL TRAINING

Our nationally certified personal trainers will coach, motivate and inspire you to reach your goals and achieve the results you have always wanted. At the Y, you will be part of a welcoming and nurturing environment.

INDIVIDUAL PERSONAL TRAINING RATES* YMCA Members Only

Duration of Session	NUMBER OF SESSIONS			
	1 Session	5 Sessions Save 10%	10 Sessions Save 15%	15 Sessions Save 20%
30 Minute Session	\$18.00	\$81.00	\$153.00	\$216.00
60 Minute Session	\$35.00	\$157.50	\$297.50	\$420.00

PARTNER PERSONAL TRAINING

Get in shape, but don't do it alone, it's fun, it's affordable, and each individual gets personal attention. The friendly rivalry will push you to try harder and get better results.

PARTNER PERSONAL TRAINING RATES* YMCA Members Only. Price per person

Duration of Session	NUMBER OF SESSIONS			
	1 Session	5 Sessions Save 10%	10 Sessions Save 15%	15 Sessions Save 20%
30 Minute Session	\$12.50	\$56.25	\$106.25	\$150.00
60 Minute Session	\$25.00	\$112.50	\$212.50	\$300.00

- * All Personal Training Sessions expire one year from purchase date and are non-refundable.
- * 24-hour cancellation policy for training appointments otherwise session will be rendered.

MX4 SMALL GROUP TRAINING Marshfield Center Only

Featuring best-in-class training tools and original workouts, this program is available to people of all fitness levels (ages 16+) who want to improve their cardio, power, strength, and endurance in a motivating environment that provides equal parts camaraderie and accountability. The benefits of small group training are:

- Quick 30-minute workout
- Burn fat faster
- Build more muscle
- Enhanced accountability & support

Reservations are required participate in small group training. Reserve your spot up to one week in advance of an upcoming class. Download our new mobile app. Search "Marshfield YMCA" available on the app store or google play. Select "Find a Class" from the home screen to access our reservation page, reserve your spot, and plan on arriving 10 minutes before the start of class.

