

OUR APPROACH

Our nationally certified Personal Trainers are dedicated to helping you realize your potential. We go above and beyond just 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.



MARSHFIELD CLINIC HEALTH SYSTEM YMCA

Marshfield Center
410 West McMillan Street
Marshfield, WI 54449
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CONTACT

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MARSHFIELD CLINIC HEALTH SYSTEM YMCA

Neillsville Center
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CONTACT

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TOGETHER ENRICHING LIVES



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.”



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 where together we will achieve the results you have always wanted.

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%
60 Minute Session	\$35.00	\$157.50	\$297.50	\$420.00

GETTING STARTED ON PERSONAL TRAINING...

STEP 1:

Start by filling out a Personal Training Inquiry Form at the YMCA Welcome Center.

STEP 2:

After completing the inquiry form, you will receive a phone call from our Certified Personal Trainer to schedule a FREE one-on-one, in person consultation to discuss your health and wellness goals. From there, you and your trainer will set up your personal training sessions.

STEP 3:

Following your consultation, you will purchase Personal 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.

MX4 SMALL GROUP INTERVAL TRAINING

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

MEMBERSHIP & RESERVATIONS

MX4 classes are complimentary to all Marshfield Clinic Health System YMCA members at our Marshfield location.

Reservations are required to guarantee your spot in class. Reserve your spot up to one week in advance of an upcoming class.

Download our 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.



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!

