



# REACH BEYOND

Because we know that healthy lifestyles are achieved through nurturing mind, body and spirit, well-being and fitness at the Y is so much more than just working out. Beyond fitness facilities, we provide educational programs to promote healthier decisions, and offer a variety of programs that support physical, intellectual and spiritual strength.



## WELLNESS SERVICES

UPDATED ON: NOVEMBER 16, 2016

### STAFF CONTACTS

ACY – Amanda Vander Logt Fitness Coordinator P 733.9622 E [avanderlogt@ymcafoxcities.org](mailto:avanderlogt@ymcafoxcities.org)  
ACY – Nick Krause Wellness Coordinator P 702.2317 E [nkrause@ymcafoxcities.org](mailto:nkrause@ymcafoxcities.org)  
APY – Loel Kreger Wellness Director P 954.7658 E [lkreger@ymcafoxcities.org](mailto:lkreger@ymcafoxcities.org)  
APY – Linda VanEgeren Wellness Coordinator P 954.7629 E [lvanegeren@ymcafoxcities.org](mailto:lvanegeren@ymcafoxcities.org)  
APY – Heidi Bohl Wellness Coordinator P 954.7651 E [hbohl@ymcafoxcities.org](mailto:hbohl@ymcafoxcities.org)  
FWY – Kirsten Rice Health & Fitness Director P 560.3413 E [krice@ymcafoxcities.org](mailto:krice@ymcafoxcities.org)  
FWY – Maggie Pawlowski Wellness Coordinator P 560.0424 E [mpawlowski@ymcafoxcities.org](mailto:mpawlowski@ymcafoxcities.org)  
HVY – Paula Beyer Health & Fitness Director P 830.5708 E [pbeyer@ymcafoxcities.org](mailto:pbeyer@ymcafoxcities.org)  
HVY – Colleen Eichsteadt Wellness Coordinator P 830.5711 E [ceichsteadt@ymcafoxcities.org](mailto:ceichsteadt@ymcafoxcities.org)  
NMY – Katie Schalk Wellness Coordinator P 886.2122 E [kschalk@ymcafoxcities.org](mailto:kschalk@ymcafoxcities.org)

**We suggest that members begin with the “First Steps” to Wellness Program.**

### FIRST STEPS TO WELLNESS (ACY, APY, FWY, HVY, NMY)

During your first month of membership receive an introduction to our Wellness Center and begin your personal wellness journey with the support of our qualified, professional wellness team.

#### STEP 1 - Individual Wellness Profile

Examines current health behaviors and makes recommendations to reduce risk and positively affect health and longevity.

#### STEP 2 - Comprehensive Fitness Test

Assesses individual muscular strength and endurance, cardiovascular fitness, flexibility and body composition.

#### STEP 3 - Nutrition Analysis

Calculates your daily calorie goal and recommended levels of proteins, carbohydrates and fats based on your current activity, goals and body type.

#### STEP 4 - Progress Check-In

Connects you with a team member to check your progress and explore options for continued support.

### HEALTH COACHING PROGRAM (APY)

Healthy lifestyle choices and behaviors are hard. We all have different challenges, needs and goals. At the Y your success is important to us, so we are excited to offer you our new Health Coaching Program. This service is included free with your Y membership and you can take advantage of it at any time. Health coaching is a great option for the beginner exerciser. Our coaches help those new to exercise and individuals with chronic diseases to further develop their vision for healthy living.

Health Coaching Program offers:

- A caring and supportive health coach.
- Use of our Healthy Living Studio, a separate exercise area in a safe, supportive environment designed for the program.
- An appropriate cardiovascular workout that’s right for you.
- Orientation to equipment that’s easy to use.
- Continued guidance, support and encouragement.
- Satisfaction that you’re taking time for yourself to make a positive change.

FREE to YMCA of the Fox Cities members 8 years of age and older! Contact: APY – Linda VanEgeren-Wellness Coordinator – 920.954.7629 - [lvanegeren@ymcafoxcities.org](mailto:lvanegeren@ymcafoxcities.org).

**Fall Session 1: September 6-October 23, 2016**  
**Fall Session 2: October 24-December 18, 2016**

**(Monday classes prorated for Labor Day)**  
**(No Classes November 21-27, 2016)**

This is a working document and is subject to change.

### **YOUTH ORIENTATION (ACY, APY, FWY, HVY)**

Y Members 8-13 years OLD who complete a Youth Orientation are welcome to utilize our Wellness Center under the supervision of a parent or guardian. Youth will receive instruction on Wellness Center safety and etiquette as well as proper use of cardio and selectorized weight equipment. NMY has Fit Zone for ages 7-13.

### **COMPREHENSIVE FITNESS TEST (ACY, APY, FWY, HVY, NMY)**

A trained staff member will test your cardiovascular endurance, muscular strength and endurance, flexibility, and body composition. A fitness assessment is strongly recommended prior to beginning an exercise program. Please contact your Y to make an appointment. **Fee: \$30/test.**

### **EQUIPMENT ORIENTATION (ACY, APY, FWY, HVY, NMY)**

A qualified Wellness Center Trainer will teach you the proper form and technique on a full line of our fitness equipment. Cardio equipment will also be included in the orientation process. Please contact your Y to make an appointment.

### **FREE WEIGHT ORIENTATION (ACY, APY, FWY, HVY, NMY)**

Learn proper use and technique of free weight equipment. Please contact your Y to make an appointment.

### **BLOOD PRESSURE SCREENINGS (ACY, APY, FWY, HVY, NMY)**

Here is great opportunity to check your heart health!! Free blood pressure screenings are available at your Y.

### **FAMILIES ON TRACK (APY, HVY, NMY)**

We encourage our members to bring their family to walk, jog or run together on our indoor track. Children under 7 **MUST** be directly supervised by an adult. Please call your Y to learn about track policies.

### **G.O.A.L. PROGRAM (ACY, APY, FWY, NMY)**

#### **FREE TO YMCA MEMBERS**

8-step program designed to help you achieve the fitness levels you desire through a continually changing strength program. You will receive 1:1 attention from our Wellness Staff once every 6 weeks while learning new machines, new exercises, and learning proper techniques to get you to your end goal.

### **GYM PACK (ACY, APY, FWY, HVY, NMY)**

High school students have a unique opportunity to receive physical education class credits by participating in physical activity at the YMCA of the Fox Cities. Written approval from school administrator/counselor & **YMCA memberships required.**

**Fee: Y Member - \$24**

### **HEALTH AND WELLNESS RESOURCES (ACY, APY, FWY, HVY, NMY)**

The YMCA is available to bring health and fitness programming to your company or organization. A Certified Fitness Specialist can provide the following:

- Presentations on a variety of health and wellness topics
- Strength Training workshops
- Blood pressure screenings
- Health Fairs
- Wellness Classes
- Fitness Assessments
- Wellness Consultations

### **YOGA FOR THE BRAIN (ACY)**

Join us to learn writing techniques to improve your health. Healthy writing processes can reduce stress, improve memory, lower heart rate and strengthen the immune system.

Six-week workshop: September 13-October 18, 2016; Tuesdays from 11:00 AM – NOON

Fee: Y Member – FREE

General Public - \$8

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## **MASSAGE**

### **MASSAGE SERVICES FOR MEN AND WOMEN (AGES 18 YEAR - ADULT) (ACY, APY) \*SERVICES VARY AT EACH BRANCH**

Relaxation, Therapeutic, Deep Tissue and Sports massages. Chair Massages, Reflexology, Jinshin Jyutsu, Facials and Back Treatments, and waxing treatments are also offered. Please call to make an appointment, when making your appointment please let them know if you have any special health issues.

APY: 954.7634

ACY: 733.9622

#### **Fees for Massage Services:**

##### **Y Member:**

**50-minute massage service - \$40**

**30-minute service - \$25**

**15-minute chair massage - \$13**

**50-minute Spa services - \$40**

**Waxing services - \$10-\$45 depending on service**

##### **General Public:**

**50-minute massage service - \$62**

**50-minute spa service - \$62**

**Waxing Services - \$15 - \$55 depending on service**

#### **CHAIR MASSAGE - OFFSITE (APY)**

Chair massage at corporate or community organizations.

APY 920.954.7634

## **PERSONAL AND SMALL GROUP TRAINING**

### **PERSONAL TRAINING (ACY, APY, FWY, HVY, NMY)**

Improve your exercise program with the expertise of a personal trainer. Our newly enhanced Personal Training program is the latest addition to a wide array of health and wellness services offered at the Y. A nationally certified personal trainer will coach, motivate and inspire you to reach your goals and achieve the results you have always wanted. There is no better way to reach your wellness goals, train for an event or achieve optimal health than to work one-on-one with a Personal Trainer.

Whether you are looking to change your look, better your health, rehabilitate an injury, increase sport performance, or just flat out feel better we will work with you to create a program customized for you that will address your goals, and keep you motivated on your way to a healthier lifestyle.

Included in our Personal Training program:

- Initial Wellness Consultation and Profile
- Ongoing Fitness Assessments every 12 weeks
- Customized Training Programs
- Nutrition and Exercise Tracking
- Access to Wellness Professionals including Physical Therapists and Registered Dieticians
- Access to MemberHub: a network of information, resources, nutrition information, exercise and wellness tips
- Enrollment in our new Loyalty Program to obtain FREE Personal Training Sessions

**Fee: Y Member – 3 (45-minute sessions) - \$114**

**Y Member - 6 (45-minute sessions) - \$216**

**Y Member - 9 (45-minute sessions) - \$315**

**Y Member – 12 (45-minute sessions) - \$408**

**General Public – 3 (45-minute sessions) - \$165**

**General Public - 6 (45-minute sessions) - \$324**

**General Public - 9 (45-minute sessions) - \$468**

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**(Monday classes prorated for Labor Day)**

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## **General Public – 12 (45-minute sessions) - \$600**

Contact:

ACY	Nick Krause	920.702.2317	<a href="mailto:nkrause@ymcafoxcities.org">nkrause@ymcafoxcities.org</a>
APY	Loel Kreger	920.954.7658	<a href="mailto:lkreger@ymcafoxcities.org">lkreger@ymcafoxcities.org</a>
FWY	Maggie Pawlowski	920.560.0424	<a href="mailto:mpawlowski@ymcafoxcities.org">mpawlowski@ymcafoxcities.org</a>
HVY	Colleen Eichsteadt	920.830.5711	<a href="mailto:ceichsteadt@ymcafoxcities.org">ceichsteadt@ymcafoxcities.org</a>
NMY	Katie Schalk	920.886.2122	<a href="mailto:kschalk@ymcafoxcities.org">kschalk@ymcafoxcities.org</a>

## **PARTNER TRAINING – Price per person (ACY, APY, FWY, HVY, NMY)**

Do you want the knowledge and motivation from a certified personal trainer, and the company of a friend or workout buddy? Dual training might be right for you. Contact any YMCA of the Fox Cities branch to get started today! At least one person must be a YMCA of the Fox Cities member to receive YMCA Member pricing.

**Fee:** Y Member – 3 (45-minute sessions) - \$80  
Y Member - 6 (45-minute sessions) - \$152  
Y Member - 9 (45-minute sessions) - \$220  
Y Member – 12 (45-minute sessions) - \$278  
General Public – 3 (45-minute sessions) - \$108  
General Public – 6 (45-minute sessions) - \$210  
General Public - 9 (45-minute sessions) - \$306  
General Public – 12 (45-minute sessions) - \$396

## **SMALL GROUP PERSONAL TRAINING – Price per person (ACY, APY, FWY, HVY, NMY)**

Get Fit Together! Contact your local Y branch with a group of 3-8 individuals and we will work with you to schedule a time that meets the needs of your group. Small Group Personal Training not only saves you money but also provides a supportive, energetic atmosphere to help you achieve your goals. Workouts will be designed based on your group goals and needs.

**Fee:** Y Member – 3 (45-minute sessions) - \$51  
Y Member - 6 (45-minute sessions) - \$90  
Y Member - 9 (45-minute sessions) - \$126  
Y Member – 12 (45-minute sessions) - \$156  
General Public – 3 (45-minute sessions) - \$75  
General Public – 6 (45-minute sessions) - \$138  
General Public - 9 (45-minute sessions) - \$198  
General Public – 12 (45-minute sessions) - \$252

## **FITRANX™ TRAINING – NEW!**

### **What is FitRanX™?**

FitRanX™ Training is a revolutionary new way to accomplish your fitness goals and keep you motivated. The FitRanX™ team approach offers an abundance of short term fitness goals, challenging workouts and a systematic program to keep you progressing through the ranks and towards your ultimate goal.

### **How does FitRanX™ Work?**

FitRanX™ works through standardized fitness testing. There are 8 levels with corresponding colors that represent each level (similar to a Martial Arts Belt system). To progress from one level to the next you need to participate in a fitness testing session comprised of both strength and conditioning exercises. This testing system means that a Level 5 in Appleton, WI has to accomplish the same criteria as a Level 5 in Los Angeles, CA. Not only are you competing against yourself, but you also see how you compare to others across the country and throughout the world!

### **Why is FitRanX a good fit for you?**

The FitRanX™ Ranking System keeps you motivated and gives you clear and specific goals to strive for while ensuring that you are achieve a balanced, full-body fitness, all under the supervision and guidance of nationally certified Personal Trainers.

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### The FitRanX Promise:

- It keeps you **MOTIVATED!**
- It gives you an abundance of **SHORT TERM GOALS** to reach
- Testing days develop so much **POSITIVE ENERGY**, everyone wants to be a part of them.
- With our ever changing workouts, you will **NEVER BE BORED** again.
- You become **PART OF THE TEAM**. Everyone helps each other reach their true potential.
- FitRanX gets you **RESULTS!**

### FitRanX™ is available through:

- FitRanX Group Training Sessions  
(geared towards Level 1 & 2)
  - 7 week sessions that meet 2 times a week
  - 30 minute sessions
  - 6 – 12 program participants
- Small Group Personal Training (3- 6 individuals)
  - Flexible scheduling
  - More cost effective than Individual Personal Training
- Individual Personal Training
  - 1 on 1 training
  - Personalized to meet your specific goals

### Contact your YMCA for additional information:

ACY – [nkrause@ymcafoxcities.org](mailto:nkrause@ymcafoxcities.org) or 920.702.2317  
APY – [lkreger@ymcafoxcities.org](mailto:lkreger@ymcafoxcities.org) or 920.954.7658  
FWY – [mpawlowski@ymcafoxcities.org](mailto:mpawlowski@ymcafoxcities.org) 920.560.0424  
NMY– [kschalk@ymcafoxcities.org](mailto:kschalk@ymcafoxcities.org) or 920.886.2122

### SPORT SPECIFIC GROUP TRAINING (13-18 YEARS) (APY, FWY, NMY)

These group workouts are designed for 3 or more athletes and are made on a sport to sport basis to improve sport specific speed, strength and conditioning. Trainings will use a variety of techniques and equipment to meet goals of athlete.

**Fee: Y Member – 3 (45-minute sessions) - \$51**  
**Y Member – 6 (45-minute sessions) - \$90**  
**Y Member – 9 (45-minute sessions) - \$126**  
**Y Member – 12 (45-minute sessions) - \$156**  
**General Public – 3 (45-minute sessions) - \$75**  
**General Public – 6 (45-minute sessions) - \$138**  
**General Public – 9 (45-minute sessions) - \$198**  
**General Public – 12 (45-minute sessions) - \$252**

### ONE-ON-ONE YOGA AND REFORMER (APY, HVY)

For students who want a focused practice. A private lesson can help you deepen your practice by exploring the fundamentals of yoga or reformer, specific breathing techniques, alignment adjustments and modifications. Contact Kristina Schultz at Appleton YMCA at 920.954.7616 or [kschultz@ymcafoxcities.org](mailto:kschultz@ymcafoxcities.org) for Yoga and Reformer or Jennifer Ruis at Fox West YMCA at 920.757.9820 or [jruis@ymcafoxcities.org](mailto:jruis@ymcafoxcities.org), or Paula Beyer at Heart of the Valley YMCA at 920.830.5708 or [pbeyer@ymcafoxcities.org](mailto:pbeyer@ymcafoxcities.org) for Yoga to set up your appointment.

**Fee: Y Member – 1 (60-minute session) - \$30**  
**Y Member - 5 (60-minute sessions) - \$145**  
**Y Member - 10 (60-minute sessions) - \$265**

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- General Public – 1 (60-minute session) - \$45**
- General Public - 5 (60-minute sessions) - \$180**
- General Public - 10 (60-minute sessions) - \$330**

## **INJURY/REHAB PROGRAMS**

### **INJURY SCREENS (ACY, APY, FWY, HVY, NMY)**

A partnership between the YMCA of the Fox Cities and Advanced Physical Therapy & Sports Medicine

- FREE 15 Minute injury screen offered to members
- Available at all 5 branch locations
- Please contact your local YMCA branch Wellness Center for screening dates and times

### **PRE-HAB: FITNESS BEFORE SURGERY PROGRAM (ACY, APY, FWY, HVY, NMY)**

A partnership between the YMCA of the Fox Cities and Orthopedic & Sports Institute of the Fox Valley in which the purpose is to prepare individuals physically prior to surgery for a musculoskeletal injury.

Includes:

- 1 week Y membership (if not already a member)
- Initial consult involving nutritional analysis
- Two 45-minute sessions/week with Personal Trainer
- Option to add multiple weeks

**Fee: YMCA Member - \$58/week      General Public - \$84/week**

### **POST-REHAB PROGRAM (ACY, APY, FWY, HVY, NMY)**

A partnership between the YMCA of the Fox Cities and Advanced Physical Therapy & Sports Medicine to bridge the gap between the end of physical therapy and the continuation of improving physical fitness. Each Personal Trainer has direct contact with the Physical Therapist each client worked with.

Includes:

- 2 month YMCA membership (if not already member)
- Total of 12 45-minute sessions with personal trainer spread out over 2 month period focused directly on maintaining functionality as well as improving overall fitness and developing a healthy lifestyle

**Fee: Y Member - \$348      General Public - \$526**

## **NUTRITION/WEIGHT MANAGEMENT**

### **NUTRITION COUNSELING (ACY, APY, FWY, HVY, NMY)**

Our Registered Dietitians are here to help you with your Wellness goals! Invest in your health and schedule a private consultation with a registered dietitian to analyze your eating habits and design an individualized nutrition plan that addresses your specific dietary and supplement needs. Our dietitians have experience in sports nutrition, eating disorders, weight loss, weight gain, meal planning and eating within budget.

- Fee: Y Member – 3 (45-minute sessions) - \$114**  
**Y Member - 6 (45-minute sessions) - \$216**  
**Y Member - 9 (45-minute sessions) - \$315**  
**Y Member – 12 (45-minute sessions) - \$408**  
**General Public – 3 (45-minute session) - \$165**  
**General Public - 6 (45-minute sessions) - \$324**  
**General Public - 9 (45-minute sessions) - \$468**  
**General Public – 12 (45-minute sessions) - \$600**

### **NUTRITION FOR LIFE (ACY)**

Achieve optimal wellness by making the nutrition connection! Participate in a six-week interactive workshop designed to teach you how to make better choices for a healthier you!

Fall 1: September 12- October 17, 2016

Fall 2: October 24 – December 12, 2016

Group meets Mondays 7:15-8:00 AM

Workshop provided by a Certified Nutritionist

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Fee: YMCA Member – \$35  
General Public – \$45

### HEALTHY COOKING LIKE A PRO (AGES 14 TO ADULT) (HVY)

All cooking demonstrations will take place from 6:30-8:00 PM in the Red Multipurpose Room. Each demo requires 10 participants for the class to run. Each course includes **samples and copies of 3-5 recipes** that you will see made that evening, as well as guidance for navigating healthy products at the grocery store, how to save money and eat healthy, and preparation strategies to help you eat to fuel your body all week long!

- **CASSEROLES REMODELED** (16FAL2) **Thursday, October 27**  
Casseroles are a Wisconsin diet staple, but they often add lots of saturated fat and sodium to our diet. We'll learn how to create flavorful dishes packed with lean protein, whole grains and veggies.
- **STUFFING AND SUCH** (16FAL2) **Thursday, November 10**  
Not only will we cover all types of Thanksgiving sides to increase our nutrients instead of our waistlines, but we'll also talk about practical strategies to be smart & enjoy your Thanksgiving meals.
- **SWEETS TO SLIM SANTA...** (16FAL2) **Thursday, December 8**  
There's nothing like finding that sweets can fit into a balanced, healthy diet. Cakes, cookies and custards...oh my! You'll even pick up strategies to tweak recipes at home & up their nutrition!

**Fee per course** (no discounts for these classes)

Members \$12  
General Public \$25

## CANCER SURVIVOR PROGRAMS

### LIVESTRONG® AT THE YMCA: PHYSICAL ACTIVITY PROGRAM (ACY, APY, FWY, HVY, NMY) SEPTEMBER 12 – DECEMBER 2, 2016

Exercise program for individuals who have become deconditioned or chronically fatigued from their treatment and/or disease. With the help of a Certified LIVESTRONG® at the YMCA Instructor, participants are given the tools and guidance to help individuals begin or continue their journey of wellness. This program was designed by the LIVESTRONG® Foundation and Stanford University. Program goals are to help participants build muscle mass, muscle strength, increases flexibility and endurance, and improve functional ability. The 12-week program meets twice a week and is tailored to improve the individuals current fitness level.

**Fee: Y Member and General Public: FREE as long as participant is actively attending the Physical Activity Program.**

Includes: 3 month free Y membership for cancer survivors and a support person.

Location:	ACY	Amanda Vander Logt	920.702.2316
	APY	Linda VanEgeren	920.954.7629
	FWY	Kirsten Rice	920.560.3413
	HVY	Colleen Eichsteadt	920.830.5711
	NMY	Susan Hildebrandt	920.886.2127

### **The Y STAY STRONG (APY, NMY)**

Designed to be an extension of our LIVESTRONG® AT THE YMCA program. Instructors will guide you and fellow graduates through a physical activity session to help you achieve your personal wellness goals. Have to be a LIVESTRONG® AT THE YMCA graduate to participate in the program. You can register for one or more class times. Follows the regular program book sessions.

ACY Wednesdays: 4:30-5:30 PM  
APY Thursdays: 11:00 AM-NOON  
FWY Tuesdays: 11:30 AM-12:30 PM  
NMY Mondays: 2:30-4:00 PM  
NMY Wednesdays: 9:30-11:00 AM – Can include current NMY Senior Pass Program Members  
NMY Thursdays: 7:00-8:30 PM

Fee: Y Member LIVESTRONG® Graduates – FREE  
General Public LIVESTRONG® Graduates - \$55/session

Contact: Amanda Vander Logt (ACY) 920.702.2316, Susan Hildebrandt (NMY) 920.886.2127, Linda VanEgeren (APY) 920.954.7629 or Kirsten Rice (FWY) 920.560.3413 for more information.

### **YOUTH CANCER SURVIVOR PROGRAM (APY) (AGES 5-16)**

A free class focusing on low impact exercises, developing coordination, and decreasing deconditioning that is a result of treatment. There are weekly instructional and supervised sessions to help those whose lives have been affected by cancer to renew or establish their fitness goals. A fun and dynamic physical fitness program focused on improving strength, endurance, coordination, mobility and balance through a variety of exercise such as:

- Age appropriate Strength Training exercises through game play or equipment
- Cardiovascular Conditioning
- Balance and Mobility
- Swimming

The 7-week program meets once a week and is tailored to improve the individuals current fitness level.

Fee: YMCA and General Public: FREE as long as participant is actively attending the Physical Activity Program. Space is limited.

Includes:

- 2 month free Y membership for cancer survivors and a support person.
- The participant has the option to also participate in one of our program offerings during that same session. (i.e., youth sports, swim lesson, arts/humanities, etc.)

Contact Linda VanEgeren for information or registration: 920.954.7629.