



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: FEBRUARY 13, 2017

STAFF CONTACTS

ACY – Amanda Vander Logt Fitness Coordinator P 702.2316 E avanderlogt@ymcafoxcities.org
ACY – Nick Krause Wellness Coordinator P 702.2317 E nkrause@ymcafoxcities.org
APY – Loel Kreger Wellness Director P 954.7658 E lkreger@ymcafoxcities.org
APY – Linda VanEgeren Wellness Coordinator P 954.7629 E lvanegeren@ymcafoxcities.org
APY – Heidi Bohl Wellness Coordinator P 954.7651 E hbohl@ymcafoxcities.org
FWY – Kirsten Rice Health & Fitness Director P 560.3413 E krice@ymcafoxcities.org
FWY – Maggie Pawlowski Wellness Coordinator P 560.0424 E mpawlowski@ymcafoxcities.org
HVY – Paula Beyer Health & Fitness Director P 830.5708 E pbeyer@ymcafoxcities.org
HVY – Colleen Eichsteadt Wellness Coordinator P 830.5725 E ceichsteadt@ymcafoxcities.org
NMY – Katie Schalk Wellness Coordinator P 886.2122 E 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

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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

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,

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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

CONNEXUS GROUP TRAINING (HVY)

Stay motivated with small group strength-based training that utilizes our NEW Matrix Connexus functional training system. The small group environment provides support, camaraderie and challenge for exercise enthusiasts of all ability levels. 45 minute sessions mix body weight and suspension training, kettlebells, battle rope, super bands, slam balls and a variety of training tools. Choose from scheduled group sessions or private group sessions. Must be 14 years or older. Contact Colleen Eichsteadt (920) 830-5725 or ceichtsteadt@ymcafoxcities.org.

Member Rates

3 sessions \$36

6 sessions \$60

9 sessions \$72

12 sessions \$84

General Public Rates

3 sessions \$60

6 sessions \$108

9 sessions \$144

12 sessions \$174

**Take advantage of our Loyalty Program. Purchase 12 sessions and receive (1) FREE

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:

Winter Session 1: January 2-February 19, 2017

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

Contact:

ACY	Nick Krause	920.702.2317	nkrause@ymcafoxcities.org
APY	Loel Kreger	920.954.7658	lkreger@ymcafoxcities.org
FWY	Maggie Pawlowski	920.560.0424	mpawlowski@ymcafoxcities.org
HVY	Colleen Eichsteadt	920.830.5725	ceichsteadt@ymcafoxcities.org
NMY	Katie Schalk	920.886.2122	kschalk@ymcafoxcities.org

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™?

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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 achieve a balanced, full-body fitness, all under the supervision and guidance of nationally certified Personal Trainers.

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 or 920.702.2317
APY – lkreger@ymcafoxcities.org or 920.954.7658
FWY – mpawlowski@ymcafoxcities.org or 920.560.0424
NMY– 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

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- 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,FWY)

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 for Yoga and Reformer or Kirsten Rice at Fox West YMCA at 920.560.3413 or krice@ymcafoxcities.org , or Paula Beyer at Heart of the Valley YMCA at 920.830.5708 or 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**
 - 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.

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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

CANCER SURVIVOR PROGRAMS

LIVESTRONG® AT THE YMCA: PHYSICAL ACTIVITY PROGRAM (ACY, APY, FWY, HVY, NMY) JANUARY 9 – MARCH 31, 2017

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	920.830.5725
	NMY	Susan Hildebrandt	920.886.2127

The Y STAY STRONG (APY, NMY, FWY)

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.

INSPIRE (NMY)

This post Stay Strong affinity class allows graduates to continue their fitness journey on a higher level. Strengthen your entire body through a variety of exercises and techniques, utilizing fitness equipment and functional fitness exercises.

Tuesday 7:00 – 8:00 PM
 Wednesday 2:30-3:30 PM

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** Max 20 people. Meets in NMY Wellness Center for 7 weeks. Must be a Stay Strong graduate.

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.