



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: DECEMBER 18, 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

WELLNESS CONNECTION (ACY, APY, FWY, HVY, NMY)

How can we assist you? This appointment will connect you to our Wellness Staff and Wellness Coaches.

INQUIRE IN THE WELLNESS CENTER ABOUT...

- **Diabetes Prevention Program**
- **Equipment Orientation** (youth, teen and adult)
- **Fitness Screening** (fitness assessment, blood pressure or body fat assessment)
- **GOAL**
- **Health Coaching**
- **Injury Screens**
- **Livestrong and Staystrong**
- **Massage**
- **Nutrition Counseling**
- **Personal Training** (partner training, small group training, pre/post rehab, sports specific training, FitRanx, Synrgy 360 & Connexus)

TAKE ADVANTAGE OF ONE OR MORE OF THE FOLLOWING...

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.

BASELINE FITNESS SCREENING (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.

EQUIPMENT ORIENTATION – Selectorized, Free Weights and Cardio Equipment (ACY, APY, FWY, HVY, NMY)

Youth (Y Members 8-13 years) 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.

Y Members (14 and older) can make an appointment to meet with a qualified Wellness Center Trainer who 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.

Winter Session 1: January 2-February 25, 2018

Winter Session 2: February 26-April 15, 2018

This is a working document and is subject to change.

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

A 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 4-6 weeks while learning new machines, new exercises, and learning proper techniques to get you to your end goal.

FUNCTIONAL FITNESS – (APY) FREE TO YMCA MEMBERS

A program offered at the Appleton YMCA designed to introduce members to "Functional Fitness" training. Members will receive 1:1 attention from our Wellness Staff once every 4-6 weeks to learn exercises that utilize equipment such as TRX, Kettlebells, Battle Ropes, Medicine Balls, Power Pivot and many others. Members will also learn how to utilize the NEW SYNRGY 360 trainer to complement their regular strength program.

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 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 P 954.7629 E lvanegeren@ymcafoxcities.org

WORKPLACE WELLNESS (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 Connections

Contact:

NMY - Kristin Johnson Membership Development Assistant P 886.2153 E kjohnson@ymcafoxcities.org

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MASSAGE AND SPA SERVICES

Contact:

APY - Sallie Leary Women's Fitness Center Coordinator P 954.7634 E sleary@ymcafoxcities.org
 ACY - Member Services Desk P 733.9622

MASSAGE AND SPA SERVICES FOR MEN AND WOMEN (AGES 18 YEAR - ADULT) (ACY, APY)

*SERVICES VARY AT EACH BRANCH

Relaxation, Therapeutic and Sports massages. Chair Massages, 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.

Fees for Massage Services	YMCA Member	General Public
50-minute massage service	\$42	\$64
15-minute chair massage	\$15	\$20

Fees for Aesthetic Services	YMCA Member	General Public
Facial	\$42	\$64
Back Treatment	\$42	\$64
Combination Aesthetic/Massage	\$80	\$123

Fees for Waxing Services	YMCA Member	General Public
Back Wax	\$42	\$64
Full Face	\$25	\$35
Arms (elbow to wrist)	\$20	\$30
Full Arms	\$30	\$58
Full Legs	\$45	\$70
Legs (knee to below)	\$25	\$35
Bikini (along bikini line)	\$40	\$50
Brow Wax	\$10	\$16
Upper Lip	\$10	\$16
Chin & Neck	\$10	\$16
Cheeks	\$12	\$19
Underarms	\$20	\$30

CHAIR MASSAGE - OFFSITE (APY)

Chair massage at corporate or community organizations.

APY - Sallie Leary Women's Fitness Center Coordinator P 954.7634 E sleary@ymcafoxcities.org
 ACY - Nick Krause Wellness Coordinator P 702.2317 E nkrause@ymcafoxcities.org

PERSONAL AND SMALL GROUP TRAINING

<http://www.ymcafoxcities.org/ymca/PTraining/ptraining.asp>

Contact:

ACY - Nick Krause Wellness Coordinator P 702.2317 E nkrause@ymcafoxcities.org
 APY - Loel Kreger Wellness Director P 954.7658 E lkreger@ymcafoxcities.org
 FWY - Maggie Pawlowski Wellness Coordinator P 560.0424 E mpawlowski@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

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

Reach your wellness goals, train for an event or achieve optimal health by working one-on-one with a certified Personal Trainer who will coach, motivate and inspire you to reach your goals.

INDIVIDUAL (1:1)	Y Member	General Public
3 sessions	\$117	\$169
6 sessions	\$222	\$330
9 sessions	\$324	\$477
12 sessions	\$418	\$610

***After 12 sessions, earn a FREE personal training session!**

PARTNER TRAINING – (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 partner? Partner 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.

PARTNER (2 people)	Y Member (price per person)	General Public (price per person)
3 sessions	\$82	\$110
6 sessions	\$155	\$213
9 sessions	\$225	\$311
12 sessions	\$284	\$402

***After 12 sessions, earn a FREE personal training session!**

SMALL GROUP PERSONAL TRAINING – (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. All sessions are 45 minutes in length.

SMALL GROUP (3 or more people)	Y Member (price per person)	General Public (price per person)
3 sessions	\$52	\$76
6 sessions	\$92	\$140
9 sessions	\$129	\$201
12 sessions	\$160	\$256

***After 12 sessions, earn a FREE personal training session!**

EXPRESS SMALL GROUP TRAINING

Are you ready for something different? Stay motivated with these **High Intensity Interval Training (H.I.I.T)** sessions. These 30 minute Strength & Cardio-based training sessions utilize the Matrix Connexus (HVY) & SYNRGY 360 (APY,NMY) functional training system and provide you with the ultimate calorie and fat loss workout. The small group environment provides support, camaraderie and challenge for exercise enthusiasts of all ability levels.

SYNRGY 360 (APY, NMY) & CONNEXUS TRAINING (HVY)

Training sessions are designed to burn up to 1,000 calories an hour, but you will continue to burn fat and calories up to 48 hours after this workout! Workouts will include body weight exercise, TRX suspension training, kettlebells, battle ropes, sand bags, slam balls and a variety of training tools. Choose from scheduled group sessions or private group sessions. Must be 14 years or older.

SYNRGY 360 Small Group Training sessions can be used to attend any of the times listed below at the Appleton YMCA. Sessions are only deducted from your card for the sessions you attend.

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Allowing you more flexible training options.

Class Name	YMCA	Age	Day	Start	End	Pricing
SYNRGY 360	APY	14 years and older	M/W/F	6:30 AM	7:00 AM	Pricing Below
SYNRGY 360	APY	14 years and older	M/W/F	NOON	12:30 PM	Pricing Below
SYNRGY 360	APY	14 years and older	W	5:30 PM	6:00 PM	Pricing Below
SYNRGY 360	APY	14 years and older	T/TH	9:00 AM	9:30 AM	Pricing Below
SYNRGY 360	APY	14 years and older	T	5:30 PM	6:00 PM	Pricing Below

****** Don't forget to combine your SYNRGY 360 and AFTERBURN training sessions with the FitRanX Training Program for the Ultimate training experience! Ask a Personal Trainer for details!!**

SYNRGY 360**	Y Member (price per person)	General Public (price per person)
3 sessions	\$36	\$60
6 sessions	\$60	\$108
9 sessions	\$72	\$144
12 sessions	\$84	\$174

FITRANX™ TRAINING

<http://www.ymcafoxcities.org/ymca/PTraining/FitRanX.asp>

Contact:

APY – Loel Kreger Wellness Director P 954.7658 E lkreger@ymcafoxcities.org

NMY – Katie Schalk Wellness Coordinator P 886.2122 E kschalk@ymcafoxcities.org

What is FitRanX™?

FitRanX™ Training is a revolutionary new way to accomplish your fitness goals and keep you motivated. The FitRanX™ 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. FitRanX is offered as a complimentary component with all of our Personal Training options including our EXPRESS SGT Sessions, or as a large group class option.

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.

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!**

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For more information on how FitRanX can be combined with Personal Training to give you the ultimate Personal Training experience, please see the Wellness Center staff at your local YMCA.

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)

The purpose of this program 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)

This program helps bridge the gap between the end of physical therapy and the continuation of improving physical fitness. Your Personal Trainer will work to develop a relationship and plan with your Physical Therapist.

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

***Monthly payments available**

NUTRITION/WEIGHT MANAGEMENT

NUTRITION COUNSELING (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 dietician 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.

INDIVIDUAL (1:1)	Y Member	General Public
3 sessions	\$117	\$169
6 sessions	\$222	\$330
9 sessions	\$324	\$478
12 sessions	\$418	\$610

CANCER SURVIVOR PROGRAMS

Contact:

ACY – Amanda Vander Logt Fitness Coordinator P 702.2316 E avanderlogt@ymcafoxcities.org

APY – Linda VanEgeren Wellness Coordinator P 954.7629 E lvanegeren@ymcafoxcities.org

FWY – Kirsten Rice Health & Fitness Director P 560.3413 E krice@ymcafoxcities.org

HVY – Colleen Eichsteadt Wellness Coordinator P 830.5725 E ceichsteadt@ymcafoxcities.org

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NMY – Susan Hildebrandt Health & Fitness Director P 886.2127 E shildebrandt@ymcafoxcities.org

**LIVESTRONG® AT THE YMCA: PHYSICAL ACTIVITY PROGRAM (ACY, APY, FWY, HVY, NMY)
January 8, 2018 – March 30, 2018**

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.

STAY STRONG (ACY, APY, FWY, HVY, NMY)

In partnership with ThedaCare, we are now offering a Stay Strong class, designed to be an extension of our LIVESTRONG® at the YMCA program. Instructors will guide participants through physical activity sessions to help you achieve personal wellness goals. The class is FREE for all graduates of LIVESTRONG at the YMCA! You are eligible to participate in this Stay Strong class and receive a FREE 9-month membership to the Y - simply by completing the 12-week LIVESTRONG at the YMCA program.

Contact:

ACY – Amanda Vander Logt Fitness Coordinator P 702.2316 E avanderlogt@ymcafoxcities.org

APY – Linda VanEgeren Wellness Coordinator P 954.7629 E lvanegeren@ymcafoxcities.org

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NMY – Susan Hildebrandt Health & Fitness Director P 886.2127 E shildebrandt@ymcafoxcities.org

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

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

Contact:

NMY - Susan Hildebrandt Health & Fitness Director P 920.886.2127 E shildebrandt@ymcafoxcities.org

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:

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- 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:

APY – Linda VanEgeren Wellness Coordinator P 954.7629 E lvanegeren@ymcafoxcities.org