



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELLNESS SERVICES

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
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

NEW HEALTH & SAFETY INFORMATION IN RESPONSE TO COVID-19

- We ask you to wear a mask to Y unless you have a medical exemption.
- Please do not attend if you are not healthy or have been exposed to someone with COVID-19
- Please sanitize your hands as you enter the Y and as you exit.
- We will provide each member with a rag and sanitizer. We expect that you sanitize all equipment you use before and after your workout.
- The group exercise schedule is on the website. Reservations are required for classes to ensure physical distancing and can be made 2 days in advance.
- Small sweat towels will be available for Wellness Center areas and group exercise classes.
- If you need to shower, please bring your own towel.
- Please use closed lockers, leave open when finished indicates staff to sanitize
- Yoga participants should bring their own mat.
- Please bring your own water bottle. Bottle fillers available but drinking fountain spouts are not.
- Physical distancing will be practiced at the Y.

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

How can we assist you? Please contact your Y to take advantage of one or more of these programs and services. This appointment will connect you to our Wellness Staff and Wellness Coaches.

INQUIRE IN THE WELLNESS CENTER ABOUT...

- **Equipment Orientation** (youth, teen and adult)
- **Baseline Fitness Screening** (fitness assessment, blood pressure or body fat assessment)
- **G.O.A.L. Program**
- **Health Coaching**
- **Injury Screens**
- **Livestrong** – Cancer Survivor Programs
- **Massage and Spa Services**
- **Nutrition Counseling**

- **Personal Training** (private training, partner training, pre/post rehab, sports specific training and SYNERGY – Small Group Training)
- **Workplace Wellness**

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

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.

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

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

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.

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 – Loel Kreger Wellness Director P 954.7658 E lkreger@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

MASSAGE AND SPA SERVICES

Contact:

ACY - Member Services Desk P 733.9622

APY – Roxanne Lee Aquatics Director P 954.7640 E rlee@ymcafoxcities.org

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	Location
50-minute massage service	\$44	\$66	ACY, APY
50- minute Deep Tissue massage service	\$60	\$80	APY
15-minute chair massage	\$15	\$20	ACY
30-minute massage service	\$25	NA	APY

Fees for Aesthetic Services	YMCA Member	General Public	Location
Facial	\$44	\$66	APY
Back Treatment	\$44	\$66	APY
Combination Aesthetic/Massage	\$82	\$125	APY

Fees for Waxing Services	YMCA Member	General Public	Location
Back Wax	\$44	\$66	APY
Full Face	\$30	\$40	APY
Arms (elbow to wrist)	\$20	\$30	APY
Full Arms	\$30	\$58	APY
Full Legs	\$50	\$70	APY

This is a working document and is subject to change.

UPDATED ON: AUGUST 10, 2020

Legs (knee to below)	\$30	\$40	APY
Bikini (along bikini line)	\$45	\$55	APY
Brow Wax	\$10	\$16	APY
Upper Lip	\$10	\$16	APY
Chin & Neck	\$10	\$16	APY
Cheeks	\$12	\$19	APY
Underarms	\$20	\$30	APY

PERSONAL AND PRIVATE GROUP TRAINING

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

Contact:

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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

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	\$123	\$175
6 sessions	\$234	\$342
9 sessions	\$342	\$495
12 sessions	\$442	\$634

***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	\$88	\$116
6 sessions	\$167	\$225
9 sessions	\$243	\$329
12 sessions	\$308	\$426

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

PRIVATE GROUP PERSONAL TRAINING – (ACY, APY, FWY, HVY, NMY)

Get fit together! Contact your local Y branch with a group of 3+ individuals and we will work with you to schedule a time that meets the needs of your group. Private 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	\$58	\$82
6 sessions	\$104	\$152
9 sessions	\$147	\$219
12 sessions	\$184	\$280

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

SYNERGY - SMALL GROUP TRAINING

SYNERGY - Small Group Training (ACY, APY, FWY, HVY, NMY)

Stay motivated with these **High Intensity Interval Training (H.I.I.T)** sessions. These 30-minute strength & cardio-based training sessions utilize functional training systems and the **Myzone** technology to 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. Workouts will include body weight exercise, TRX suspension training, kettlebells, battle ropes, sand bags, slam balls, and a variety of training tools. With a maximum of 8 participants per class, our trainers can focus in on an individual's needs to provide proper technique and encouragement. Together we are unstoppable!

MYZONE

Reward your effort and achieve results! Myzone is the most relevant and versatile wearable fitness tracking system on the market! The Myzone system displays heart rate, calories, time and effort to a facility display or to the Myzone App, while simultaneously creating an online logbook of all physical activity. Myzone uses a game-based platform and social experience that rewards EFFORT not fitness, motivating users to reach their personal best...it's the perfect tool for Synergy participants!

Myzone users can:

- Earn MEP's (Myzone Exercise Points) for virtually any activity, regardless of the location.
- Login online anywhere and track their activity and progress.
- Connect with Personal Trainers for feedback and guidance
- Participate in challenges based on EFFORT not necessarily fitness level.
- Achieve goals utilizing a system that is 99.4% accurate.

Combine SYNERGY with the MYZONE system for maximum results and incredible experiences!

SESSION TIMES

Session/class days and times for all YMCA of the Fox Cities branches are located on the YMCA website and Mobile App. ymcafoxcities.org

SYNERGY	Y Member (price per person)	General Public (price per person)
3 sessions	\$39	\$63
6 sessions	\$66	\$114
9 sessions	\$81	\$153
12 sessions	\$96	\$186
Monthly Unlimited	\$69 (Requires monthly bankdraft)	

***** Must be 14 years or older.**

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

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

**** Consider combining SYNERGY and Personal Training sessions for the ultimate training experience! Ask a Personal Trainer for details.**

INJURY/REHAB PROGRAMS

We provide both Pre-Hab and Post-Rehab services. Our trained specialists will help you prepare physically prior to surgery for a musculoskeletal injury, and work with your physical therapist to get you back on track to improving your physical fitness once your treatments are completed.

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. Your Personal Trainer will work with you to increase your strength and stamina to help your body recover more quickly after surgery.

Includes:

- Each session includes warm up, land or water program and cool down/stretch. Schedule will be worked out between personal trainer and participant.
- Purchase the number of sessions applicable for length of time prior to surgery. Your personal trainer can help you determine appropriate number of sessions.
- YMCA membership is optional.

Packages Y Member General Public

45 minutes – 1 session	\$31	\$43
45 minutes – 3 session	\$93	\$129
45 minutes – 6 session	\$174	\$252
45 minutes – 9 session	\$252	\$369
45 minutes – 12 session	\$315	\$480

For additional information or to register, please contact Loel Kreger Wellness Director P 954.7658 E lkreger@ymcafoxcities.org

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 and relay the history of your injury or surgery and physical therapy as well as ensure appropriate exercise progression.

Includes:

- 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
- Sessions include warm up, land or water program and cool down/stretch. Schedule will be worked out between personal trainer and participant.

Fee: Y Member - \$29/session General Public - \$35/session with option to purchase a short-term membership (\$60 for 60 days)

For additional information or to register, please contact Loel Kreger Wellness Director P 954.7658 E lkreger@ymcafoxcities.org

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	\$123	\$175
6 sessions	\$234	\$342
9 sessions	\$342	\$495
12 sessions	\$442	\$634

CANCER SURVIVOR PROGRAMS

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

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

NMY – Susan Christel Health & Fitness Director P 886.2127 E schristel@ymcafoxcities.org

LIVESTRONG® AT THE YMCA: PHYSICAL ACTIVITY PROGRAM (ACY, APY, FWY, HVY, NMY)

Winter Session – begins in January

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.