



WINTER

WELLNESS

STAFF CONTACTS

ACY – Jennifer Oaks Fitness Coordinator P 920.702.2316 E joaks@ymcafoxcities.org
ACY – Nick Krause Wellness Coordinator P 920.702.2317 E nkrause@ymcafoxcities.org
APY – Kristina Schultz Health & Fitness Director P 920.954.7616 E kschultz@ymcafoxcities.org
APY – Loel Kreger Wellness Director P 920.954.7658 E lkreger@ymcafoxcities.org
APY – Patti Lynn Health & Fitness Coordinator P 920.954.7618 E plynn@ymcafoxcities.org
FWY – Kirsten Rice Health & Fitness Director P 920.560.3413 E krice@ymcafoxcities.org
FWY – JJ Guttman Wellness Director P 920.560.0421 jguttman@ymcafoxcities.org
HVY – Paula Beyer Health & Fitness Director P 920.830.5708 E pbeyer@ymcafoxcities.org
HVY – Emily Paschen Wellness Director P 920.830.5725 E epaschen@ymcafoxcities.org
HVY – Lisa Grassman Health and Wellness Coordinator P 920.830.5726 E lgrassman@ymcafoxcities.org
NMY – Susan Christel Health & Fitness Director P 920.886.2127 E schristel@ymcafoxcities.org
NMY – Katie Schalk Wellness Director P 920.886.2122 E kschalk@ymcafoxcities.org
OGY – Lucy Werley Wellness Coordinator P 920.560.0001 E lwerley@ymcafoxcities.org
OGY – Cindy Baumgartner Health and Fitness Coordinator P 920-560-0001 cbaumgartner@ymcafoxcities.org

SMART START – HEALTH STRATEGY SESSION (ACY, APY, FWY, HVY, NMY, OGY)

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...

- **Diabetes Prevention Program**
- **Equipment Orientation** (youth, teen and adult)
- **Foot Care Clinics**
- **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**
- **Pedaling For Parkinson's**
- **Personal Training** (private training, partner training, pre/post rehab, sports specific training and SYNERGY – Small Group Training)
- **Teaching Kitchen**
- **Workplace Wellness**

ALSO 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.

DIABETES PREVENTION PROGRAM – (VIRTUAL)

Work with a trained lifestyle coach and a small group of adults to discuss behavior changes that can improve your overall health and help prevent diabetes. The program consists of 25 one-hour sessions delivered over the course of a year. (25 Total Sessions: 16 Sessions weekly, 4 Sessions bi-weekly, 5 Sessions monthly.)

FEE: \$429

Contact: Kirsten Rice – 920.560.3413 krice@ymcafoxcities.org

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. **Please Note:** the Ogden YMCA is available to youth 14 and older only.

Youth Y Members – Wellness Center Rules			
	8-10 Years	11-13 Years	14+ Years
Cardio Machines	★	★	★
Selectorized Weight Machines		★	★
Free Weight Area			★
Guardian Supervision Required	★	★	
<i>*NMY has Fit Zone for ages 7-13. *Please request a meeting with the Wellness Coordinator/Director if you have questions or concerns.</i>			

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.

FOOT CARE CLINICS (ACY, FWY, HVY, NMY)

Proper foot care is an important component of a person's overall health. Experts recommend that seniors pay special attention to their feet. A nurse from Valley VNA Senior Care will provide a foot soak, nail trim, filing, foot massage, and treatment of minor corns or callouses. The nurse will look out for any concerning issues and refer you to a podiatrist, if necessary. Please note that you must attend the Foot Care Clinic in person. **Call 920.727.5555** to schedule your **20-minute** appointment. FEE: \$30

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.

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

PEDALING FOR PARKINSON'S (FWY, HVY)

Group cycling and support helps reduce symptoms in Parkinson's disease sufferers and improves the quality of life for patients and their caregivers. Eligible adults aged 30-75 with a Parkinson's diagnosis ride indoor cycles at 80-90 RPM, two times per week, 60 minutes each session, over the course of 8 weeks. YMCA staff are trained by certified indoor cycling instructors following the Pedaling for Parkinson's protocol and monitor heart rate and exercise frequency. *Those interested who are over 75 years of age, please contact the branch contact person noted below.

Session Dates: February 20-April 9, 2023

Time: FWY – M/W – 2:00-3:00 PM

HVY – T/TH – 11:00 AM - NOON

Fee: Y Member - \$48

General Public - \$65

Contact: FWY – JJ Guttman, Wellness Director P 920.560.0421 jguttman@ymcafoxcities.org

HVY – Paula Beyer, Health & Fitness Director P 920.830.5708 E pbeyer@ymcafoxcities.org

CORPORATE MEMBERSHIP/WELLNESS (ACY, APY, FWY, HVY, NMY, OGY)

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: Kristin Johnson, Association Membership Development Manager P 920.886.2153

E kjohnson@ymcafoxcities.org

PERSONAL AND PRIVATE GROUP TRAINING

<https://www.ymcafoxcities.org/personal-training>

<https://www.ymcafoxcities.org/small-group-training>

Contact:

ACY – Nick Krause Wellness Coordinator P 920.702.2317 E nkrause@ymcafoxcities.org

APY – Loel Kreger Wellness Director P 920.954.7658 E lkreger@ymcafoxcities.org

FWY – JJ Guttman Wellness Director P 920.560.0421 jguttman@ymcafoxcities.org

HVY – Lisa Grassman Health and Wellness Coordinator P 920.830.5726 E lgrassman@ymcafoxcities.org

NMY – Katie Schalk Wellness Director P 920.886.2122 E kschalk@ymcafoxcities.org

OGY – Lucy Werley Wellness Coordinator P 920.560.0001 E lwerley@ymcafoxcities.org

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

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. Each session is 45 minutes.

INDIVIDUAL (1:1)	Y Member	General Public
4 sessions	\$195	\$240
6 sessions	\$288	\$360
8 sessions	\$378	\$450
12 sessions	\$549	\$657
20 sessions	\$900	\$1050

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

PARTNER TRAINING – (ACY, APY, FWY, HVY, NMY, OGY)

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. Each session is 45 minutes.

PARTNER (2 people)	Y Member (price per person)	General Public (price per person)
4 sessions	\$120	\$155
6 sessions	\$167	\$225
8 sessions	\$216	\$292
12 sessions	\$308	\$426

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

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

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.

PRIVATE GROUP (3 or more people)	Y Member (price per person)	General Public (price per person)
4 sessions	\$77	\$109
6 sessions	\$104	\$152
8 sessions	\$131	\$194
12 sessions	\$184	\$280

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

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

(ACY, APY, FWY) *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	\$46	\$70	ACY, APY, FWY
50- minute Deep Tissue massage service	\$64	\$84	APY
15-minute chair massage	\$17	\$23	ACY
30-minute massage service	\$27	NA	APY
25-minute Mobility Sports Massage	\$32	NA	APY

Fees for Aesthetic Services	YMCA Member	General Public	Location
Facial	\$46	\$69	APY
Back Treatment	\$46	\$69	APY
Combination Aesthetic/Massage	\$86	\$131	APY

Fees for Waxing Services	YMCA Member	General Public	Location
Back Wax	\$46	\$70	APY
Full Face	\$32	\$43	APY
Arms (elbow to wrist)	\$22	\$32	APY
Full Arms	\$32	\$62	APY

Full Legs	\$52	\$74	APY
Legs (knee to below)	\$32	\$42	APY
Bikini (along bikini line)	\$47	\$59	APY
Brow Wax	\$13	\$21	APY
Upper Lip	\$13	\$21	APY
Chin & Neck	\$13	\$21	APY
Cheeks	\$13	\$21	APY
Underarms	\$22	\$32	APY

Mobility Sports Massage is manual manipulation of the muscles geared specifically toward people with mobility limitations or who have physically demanding lifestyles and/or hobbies. This targeted approach focuses on specific areas of the body that are in need of healing or relief. Mobility Sports Massage predominantly uses deep tissue and myofascial release techniques and will also incorporate trigger point work and soft tissue release. Clients are fully dressed throughout the massage session.

Deep Tissue Massage is a therapeutic massage intended to improve muscle function. This is not a typical Swedish massage.

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.

SYNERGY INTRODUCTORY OFFER!!! For new Synergy participants...1st month of Synergy Monthly Unlimited is \$19.95!!!

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)
4 sessions	\$52	\$84
8 sessions	\$72	\$139
12 sessions	\$96	\$186
Monthly Unlimited	\$45 (Requires monthly bankdraft)	

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

Contact:

ACY – Nick Krause Wellness Coordinator P 920.702.2317 E nkrause@ymcafoxcities.org

APY – Loel Kreger Wellness Director P 920.954.7658 E lkreger@ymcafoxcities.org

FWY – JJ Guttman Wellness Director P 920.560.0421 jguttman@ymcafoxcities.org

HVY – Lisa Grassman Health and Wellness Coordinator P 920.830.5726 E lgrassman@ymcafoxcities.org

NMY – Katie Schalk Wellness Director P 920.886.2122 E kschalk@ymcafoxcities.org

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

WARRIOR WORKOUT AT THE OGDEN YMCA

Warrior Workouts are the toughest workout you'll ever love! They are designed to challenge you at every session in new and exciting ways. Held in our one-of-a-kind Warrior Room, Warrior Workouts incorporate elements from high-intensity interval training, Olympic lifting, plyometrics, gymnastics, body weight exercises, rowing, sprinting, and other exercises. No more tedious repetitive workouts. Our trainers constantly vary the workouts in order to work all major muscle groups through different planes of motion. You will experience workouts that challenge your individual strengths like doing as many reps as possible (AMRAP) workouts for time, every minute on the minute (EMOM), partner workouts where you can drive your partner to be stronger and faster while motivating yourself as well, and team workouts where you are trying to accomplish fitness goals but rely on each other to get there.

Class Times:

OGY - 5:15 AM – M/W/F

OGY - 8:30 AM - M/W/F

OGY - 2:30 PM - M/T/W/TH

OGY - 5:45 PM – M/W

OGY - 9:00 AM - Sat

SESSION TIMES

WARRIOR WORKOUT	Y Member (price per person)	General Public (price per person)
4 sessions	\$52	\$84
8 sessions	\$72	\$139
12 sessions	\$96	\$186
Monthly Unlimited	\$45 (Requires monthly bankdraft)	

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

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, OGY)

The YMCA Pre-Hab Program is offered at all 6 YMCA of the Fox Cities locations. 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 the appropriate number of sessions.
- YMCA membership is optional.

Packages	Y Member	General Public
1 session – 45 minutes	\$49	\$60
4 sessions – 45 minutes	\$195	\$240
6 sessions – 45 minutes	\$288	\$360
8 sessions – 45 minutes	\$378	\$450
12 sessions - 45 minutes	\$549	\$657

For additional information or to register, please contact:
 Loel Kreger, Wellness Director P 920.954.7658 E lkreger@ymcafoxcities.org

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

The YMCA Post-Rehab Program is offered at all 6 YMCA of the Fox Cities locations. Working with a Personal trainer 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 (6) 45-minute sessions for the 1 month program or (12) 45-minute sessions with personal trainer for the 2-month program. Each program will focus 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.

Packages	Y Member	General Public *
1 month program	\$221	\$317
2 month program	\$442	\$634

***General Public rate includes either a 1 or 2 month membership allowing full access to the facility beyond scheduled training days (Workout areas, pools, fitness classes, etc...) Joiner fee will be waived for those wishing to continue with a YMCA membership beyond 2 months.**

For additional information or to register, please contact:
 Loel Kreger Wellness Director P 920.954.7658 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
1 session	\$49	\$62
4 sessions	\$195	\$240
6 sessions	\$288	\$360
8 sessions	\$378	\$450
12 sessions	\$549	\$657

CANCER SURVIVOR PROGRAMS

Contact:

ACY – Nick Krause Wellness Coordinator P 920.702.2317 E nkrause@ymcafoxcities.org

APY – Kristina Schultz Health & Fitness Director P 920.954.7616 E kschultz@ymcafoxcities.org

FWY – Genifer Schaefer P 920.560.3413 gschaefer@ymcafoxcities.org

HVY – Lisa Grassman Health and Wellness Coordinator P 920.830.5726 E lgrassman@ymcafoxcities.org

NMY – Susan Christel Health & Fitness Director P 920.886.2127 E schristel@ymcafoxcities.org

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

Winter Session January 9 - March 31, 2023

ACY: M/W – 10:30–11:45 AM

APY: M/TH - 5:00-6:15 PM

M/W – 10:30-11:45 AM

FWY: T/TH – 2:30 – 3:45 PM

HVY: M/W – 11:00 AM-12:15 PM

NMY: M/W - 11:00 AM–12:15 PM

M/W – 1:00-2:15 PM

T/TH - 5:30-6:45 PM

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 individual's current fitness level.

Fee: Y Member and General Public: FREE while participants are actively attending the LIVESTRONG® AT THE YMCA program.

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