



# FALL

## HEALTH & FITNESS

### STAFF CONTACTS

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NMY – Katie Schalk Wellness Director P 920.886.2122 E [kschalk@ymcafoxcities.org](mailto:kschalk@ymcafoxcities.org)  
OGY – Cindy Baumgartner Health and Fitness Coordinator P 920.560.0001 E [cbaumgartner@ymcafoxcities.org](mailto:cbaumgartner@ymcafoxcities.org)  
OGY – Becky Oszman Wellness Coordinator P 920-560-0001 E [roszman@ymcafoxcities.org](mailto:roszman@ymcafoxcities.org)

### GROUP FITNESS SESSION DATES (Value-added Classes and Paid Classes)

**FALL 1: SEPTEMBER 11–OCTOBER 29, 2023**

**FALL 2: OCTOBER 30–DECEMBER 24, 2023**

**\*\*WATCH FOR THE HOLIDAY SCHEDULE WEEKS OF NOVEMBER 20-26 AND**

#### CONVENIENT. FLEXIBLE. EXPANDED OPTIONS

**Group exercise classes, times, days, descriptions, and branch locations can be found on the YMCA of the Fox Cities APP.** The APP is available for iPhones and Androids and can be downloaded at the Google Play Store or iTunes Store.

Here are the steps to find the APP:

- In the APP Store or Google Play Store, search **YMCA FOX CITIES**.
- Download the APP that has the Y logo.
- Select "Allow" for notifications (and location if desired).
- All notifications will be set to OFF. Update those for each branch in the More button/Preferences/Notifications.
- At the bottom of the screen click on the Cards icon.
- Click Add New Card.
- Enter the name of the person whose card number you wish to add.
- Enter your bar code number, then click Save.
- Multiple bar codes can be stored. If you wish to add an additional number, click Add New Card.

## DECEMBER 25-31

Youth (14 years and older) are welcome to participate in Health & Fitness programs without parental supervision. Youth, 8-13 years of age, interested in participating in fitness classes may with a parent, and must seek permission from the Fitness Director/Coordinator before participating in classes.

## HEALTH INITIATIVES

### 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:** August 21 – October 12, 2023  
October 16 – December 14 \*\*No class the week of November 20

**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](mailto:jguttman@ymcafoxcities.org)  
HVY – Paula Beyer, Health & Fitness Director P 920.830.5708 E [pbeyer@ymcafoxcities.org](mailto:pbeyer@ymcafoxcities.org)

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pedaling for Parkinson's	FWY	30-75 +	M/W	2:00 PM	3:00 PM	\$48	\$65
Pedaling for Parkinson's	HVY	30-75 +	T/TH	11:00 AM	NOON	\$48	\$65

## SMALL GROUP TRAINING CLASSES

Do you want more individual attention without sacrificing the camaraderie you find in a group fitness class? Consider enrolling in one of our Small Group Training classes for a more progressive and individualized approach. Small group, high energy classes led by nationally certified Trainers or Instructors. Not seeing a class that meets your needs. 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. Possibilities include:

- Synergy
- TRX® Training
- Functional Training
- Strength and Cardio
- Aerial Yoga
- Reformer Classes

### REGISTRATION REQUIRED FOR ALL SMALL GROUP TRAINING CLASSES.

#### PLEASE SEE PRICING IN CLASS GRID BELOW.

**NOTE:** Prices indicated in the grid are for one day a week only, unless otherwise noted.

### AERIAL YOGA (APY)

Let your yoga practice take flight. Aerial Yoga is everything you love about yoga with a twist of play, flight, meditation, and core stabilization. Our colorful aerial silks will be used in many exciting ways to support and enhance yoga poses that will leave you floating out of class and coming back for more. Classes are strengthening and fun while allowing one to find balance, restoration, and increased proprioception. Our Aerial Yoga classes are an exhilarating and accessible experience. Class size is limited to 8 participants.

**Contact:** Kristina Schultz Fitness Director P 920.954.7616 E [kschultz@ymcafoxcities.org](mailto:kschultz@ymcafoxcities.org)

AERIAL YOGA	Y Member (price per person)	General Public (price per person)
3 sessions	\$42	\$68
6 sessions	\$70	\$122

9 sessions	\$86	\$163
12 sessions	\$101	\$197

### SESSION TIMES

Session/class days and times for all YMCA of the Fox Cities branches are located on the Y's website and mobile app. [ymcafoxcities.org](http://ymcafoxcities.org)

### ONE-ON-ONE, DUAL AND SMALL GROUP PILATES REFORMER OR YOGA TRAINING (APY)

For students who want a focused practice, work with one of our specially trained Pilates Reformer or yoga instructors for a more customized experience.

A private or semi-private lesson can help to deepen your practice by exploring the fundamentals of yoga or reformer, specific breathing techniques, alignment adjustments and modifications.

Private or small group yoga training provides an individualized training wherein the pace is set to match your specific needs and goals.

The Pilates reformer takes all of the core building benefits of Mat Pilates and takes it a step further for a one-of-a-kind workout. The resistance of the strap and pulley system, allows people of all fitness levels to achieve an effective routine which improves posture, strength, and coordination. The bars and cables of the reformer allow exercise movement through a full range of motion, by providing assistance and resistance. The reformer provides a fluid resistance component to exercise which provides a unique opportunity to see results from your workouts faster.

**Contact:** Kristina Schultz Fitness Director P 920.954.7616 E [kschultz@ymcafoxcities.org](mailto:kschultz@ymcafoxcities.org)

### 1:1 PILATES REFORMER OR YOGA TRAINING (APY)

Reach your wellness goals and achieve optimal health by working one-on-one with a certified trainer who will coach, motivate and inspire you to reach your goals.

INDIVIDUAL (1:1)	Y Member	General Public
3 sessions	\$129	\$184
6 sessions	\$245	\$359
9 sessions	\$359	\$519
12 sessions	\$464	\$666

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

### DUAL PILATES REFORMER – (APY)

Do you want the knowledge and motivation from a certified trainer, and the company of a friend or workout partner? Partner training might be right for you. 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	\$92	\$141
6 sessions	\$175	\$236
9 sessions	\$255	\$345
12 sessions	\$323	\$447

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

### PRIVATE /SMALL GROUP PILATES REFORMER– (APY)

Get fit together! Contact the fitness department with a group of 3 or 4 individuals and we will work with you to schedule a time that meets the needs of your group. Private Group 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 -4 people)	Y Member (price per person)	General Public (price per person)
3 sessions	\$61	\$86
6 sessions	\$109	\$159
9 sessions	\$154	\$230
12 sessions	\$193	\$294

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

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

### **PILATES REFORMER CLASS- (APY)**

Pilates Reformer class are now being offered. Maximum of 6 participants, minimum of 5. Please contact [kschultz@ymcafoxcities.org](mailto:kschultz@ymcafoxcities.org) for session dates and pricing.

### **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, sandbags, 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...First 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 at [ymcafoxcities.org](http://ymcafoxcities.org) and our mobile app.

<b>SYNERGY</b>	<b>Y Member</b> (price per person)	<b>General Public</b> (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 – Jennifer Oaks Wellness Coordinator P 920.702.2317 E [joaks@ymcafoxcities.org](mailto:joaks@ymcafoxcities.org)

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HVY – Lisa Grassman Health and Wellness Coordinator P 920.830.5726 [lgrassman@ymcafoxcities.org](mailto:lgrassman@ymcafoxcities.org)

NMY – Katie Schalk Wellness Director P 920.886.2122 E [kschalk@ymcafoxcities.org](mailto: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**

<b>WARRIOR WORKOUT</b>	<b>Y Member</b> (price per person)	<b>General Public</b> (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.**