



HEALTH & WELLNESS

FALL 2 PROGRAM SESSION

October 27 – December 21, 2025

STAFF CONTACTS

ACY – Natalie McVeigh Health & Wellness Director P 920.702.2317 E nmcveigh@ymcafoxcities.org
ACY – Mariah Egger Health & Wellness Coordinator P 920.886.2144 E meggler@ymcafoxcities.org
APY – Kristina Schultz Health & Fitness Director P 920.954.7616 E kschultz@ymcafoxcities.org
APY – Casandra Stellmacher Health & Fitness Coordinator P 920.954.7633 cstellmacher@ymcafoxcities.org
APY – Loel Kreger Wellness Director P 920.954.7658 E lkreger@ymcafoxcities.org
APY – Heather Mathe Wellness Coordinator P 920.954.7609 E hmathe@ymcafoxcities.org
FWY – Patti Lynn Health & Fitness Director P 920.954.7618 E plynn@ymcafoxcities.org
FWY – JJ Guttman Wellness Director P 920.560.0421 jguttman@ymcafoxcities.org
HVV – Paula Beyer Health & Fitness Director P 920.830.5708 E pbeyer@ymcafoxcities.org
HVV – Sandy Campbell Wellness Director P 920.830.5726 E scampbell@ymcafoxcities.org
HVV – Carson Schemenauer Wellness Coordinator P 920.830.5725 E cschemenauer@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 – Cindy Vandelist Health and Fitness Coordinator P 920.560.0001 E cvandelist@ymcafoxcities.org
OGY – Becky Oszman Wellness Coordinator P 920-560-0001 E roszman@ymcafoxcities.org

GETTING STARTED

SMART START – HEALTH STRATEGY SESSION (ACY, APY, FWY, HVV, 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...

Equipment Orientation (youth, teen and adult)

Foot Care Clinics

Baseline Fitness Screening (fitness assessment, blood pressure or body fat assessment)

Jumpstart Program

Health Coaching

Injury Screens

Livestrong – Cancer Survivor Programs

Massage and Spa Services

Compression Therapy - APY

Nutrition Counseling

Pedaling For Parkinson's

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

Group Exercise Classes 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.

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

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 circuit weight equipment. NMY has Fit Zone for ages 7-13.

Youth Y Members - Wellness Center Age Guidelines			
	8-10 Years (Direct Supervision Required)	11-13 Years (Direct Supervision Required)	14+ Years
Cardio Machines	★	★	★
Circuit Weight Machines		★	★
Free Weight Area		★	★

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.

FAMILIES ON TRACK (APY, HVY, NMY, OGY)

We encourage our members to bring their family to walk, jog or run together on our indoor track at any time. Children under 8 **MUST** be directly supervised by an adult. Please call your Y to learn about track policies.

JUMP START PROGRAM – (ACY, APY, FWY, HVY, NMY, OGY) FREE TO YMCA MEMBERS

Whether you're just beginning your fitness adventure or seeking to break through plateaus, Jump Start offers the personalized guidance and support you need to achieve your goals. Led by certified personal trainers and wellness specialists, each 30-minute session will give you the knowledge you need to use equipment and reach your fitness goals. With sessions occurring every 4 weeks, Jump Start provides the perfect opportunity to ignite your passion for fitness and transform your lifestyle.

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

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:

October 20-December 18

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

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

DANCING WITH PARKINSON'S (HVY)

Dancing with Parkinson's program is specifically designed for people living with Parkinson's disease and seniors who wish to experience the joy of moving to music with us. Using the Dance for PD® Method as its foundation, our research-backed classes provide physical and emotional benefits for those who participate. Classes are taught by specially trained DWP instructors who deliver effective, fun, and artistic programming centered on creative self-expression and meaningful connection. Program is geared toward those living with Parkinson's disease, their family members and care partners, Seniors of all abilities and mobilities and care partners.

Contact: NMY – Maeghan Johnson, Arts & Humanities Director P 920.886.2138
mjohnson@ymcafoxcities.org

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Dancing With Parkinson's Workshop – November 5	HVY	55+	W	12:45 PM	1:30 PM	FREE	\$5

CANCER SURVIVOR PROGRAMS

Contact:

ACY – Natalie McVeigh Health & Wellness Director P 920.702.2317 E nmcveigh@ymcafoxcities.org

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

FWY – Patti Lynn, Health & Fitness Director P 920.954.7618 E plynn@ymcafoxcities.org

HVY – Sandy Campbell Wellness Director P 920.830.5725 E scampbell@ymcafoxcities.org

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

OGY – Cindy Vandelist Health and Fitness Coordinator P 920-560-0001 cvandelist@ymcafoxcities.org

**LIVESTRONG® AT THE YMCA: PHYSICAL ACTIVITY PROGRAM
(ACY, APY, FWY, NMY, HVY, OGY)
FALL Session: Sept 8- Dec 7, 2025**

ACY: M/W 8:30-9:45 AM
APY: M/W 10:30-11:45 AM
M/TH 5:30-6:45 PM
FWY: T/TH 9:00 AM-10:15 AM
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
OGY: M/W NOON-1:15 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® Instructor, participants are given the tools and guidance to begin, or continue, their wellness journey. This program was designed by the LIVESTRONG® Foundation and Stanford University. Program goals are to help participants build muscle mass, muscle strength, increase flexibility and endurance, and improve functional ability. The 12-week program meets twice a week and is tailored to improve an 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.

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

As a cancer survivor, you know the tremendous toll the disease and its treatment can take on your spirit, mind and body. We want you to continue to heal and reclaim your health. Our Stay Strong class can do just that. Stay Strong is a class designed to be an extension of our LIVESTRONG® at the YMCA program. Instructors will guide participants through physical activity sessions to help achieve personal wellness goals. You are eligible to participate in Stay Strong and receive a FREE 3-month membership to the Y - simply by completing the 12-week LIVESTRONG® at the YMCA program. We care about you and look forward to helping you heal and grow.

For more information, please contact Kristina Schultz kschultz@ymcafoxcities.org

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

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

BLOOD PRESSURE SELF-MONITORING PROGRAM (ACY)

Help achieve your goal of lowering and managing blood pressure in this 4-month evidence-based program. Participants will meet with a Healthy Heart Ambassador twice a month, attend nutrition seminars once a month, and learn proper measuring techniques using an Omron blood pressure monitor. For more information, please contact Natalie McVeigh at nmcveigh@ymcafoxcities.org or 920.702.2317

Class name	YMCA	Frequency	Day	Start	End	Y Member	General Public
Blood Pressure Self-Monitoring Program	ACY	Meet with HHA bimonthly	M	1:00 PM	3:00 PM	\$45	\$65
Nutrition Seminars	ACY	Third Tuesday of the Month	T	1:00 PM	2:00 PM	Included	Included

FOOT CARE CLINICS (ACY, APY, 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: \$40

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
- 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	\$58	\$70
4 sessions	\$232	\$280
6 sessions	\$348	\$420
8 sessions	\$464	\$560
12 sessions	\$696	\$840

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 sessions) 45-minute sessions or (12 sessions) 45-minute sessions with personal trainer. 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 *
6 sessions	\$240	\$317
12 sessions	\$480	\$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

TOTAL KNEE AND TOTAL HIP PRE-REHAB GROUP CLASS (OGY)

This class will help with range of motion, strength, flexibility, stability, and overall health to prepare for a total knee or total hip surgery. Participating in this program will help with recovery and return to activity after surgery. This class is led by a sports medicine professional and runs twice each week for 4 weeks.

Packages	Y Member	General Public *
2x/week, 4-week program	\$72	\$112

Session Dates: October 27 – November 19
 November 24 – December 17th

Days & Times: M/W 9:30-10:20 AM

***General Public rate includes a 1 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 1 month.**

For additional information or to register, please contact:

Becky Oszman Wellness Coordinator P 608.566.9842 E roszman@ymcafoxcities.org

TOTAL KNEE AND TOTAL HIP POST-REHAB GROUP CLASS (OGY)

This class will help with range of motion, strength, flexibility, stability, and overall health after a total knee or total hip surgery. It focuses on bridging the gap from physical therapy into an active lifestyle. This class is led by a sports medicine professional and runs twice each week for 8 weeks.

Packages	Y Member	General Public *
2x/week, 8-week program	\$144	\$224

Session Dates: October 27 – December 17

Days & Times: M/W 10:30-11:20 AM

***General Public rate includes a 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:

Becky Oszman Wellness Coordinator P 608.566.9842 E roszman@ymcafoxcities.org

PERSONAL AND PRIVATE GROUP TRAINING

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

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

Contact:

ACY – Mariah Egger Health & Wellness Coordinator P 920.886.2144 E meggler@ymcafoxcities.org

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

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

HVY – Sandy Campbell Wellness Director P 920.830.5725 E scampbell@ymcafoxcities.org

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

OGY – Becky Oszman Wellness Coordinator P 920.560.0001 E roszman@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	\$232	\$280
6 sessions	\$348	\$420
8 sessions	\$464	\$560
12 sessions	\$696	\$840
20 sessions	\$1,160	\$1,400

***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! Each session is 45 minutes.

PARTNER (2 people)	Y Member (price per person)	General Public (price per person)
4 sessions	\$128	\$192
6 sessions	\$192	\$288
8 sessions	\$256	\$384
12 sessions	\$384	\$576
20 sessions	\$640	\$960

***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	\$88	\$160
6 sessions	\$132	\$240
8 sessions	\$176	\$320

12 sessions	\$264	\$480
20 sessions	\$440	\$800

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

PRIVATE STRETCH SESSIONS – (ACY, APY, FWY, HVY, NMY, OGY)

During a refreshing stretching session, you'll be put through a series of gentle stretches by a skilled instructor. They'll focus on major muscle groups, helping to release tension and improve your flexibility. Relax and let the expert hands do the work, allowing you to fully enjoy the experience. Perfect for enhancing relaxation and rejuvenating your body, this session is ideal for all levels-whether you're just starting out or need some extra help with your mobility. All sessions are 20 minutes in length.

INDIVIDUAL (1:1)	Y Member	General Public
1 session	\$25	NA
4 sessions	\$100	NA
6 sessions	\$150	NA
8 sessions	\$200	NA
12 sessions	\$300	NA
20 sessions	\$500	NA

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 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.

INDIVIDUAL (1:1)	Y Member	General Public
1 session	\$58	\$70
4 sessions	\$232	\$280
6 sessions	\$348	\$420
8 sessions	\$464	\$560
12 sessions	\$696	\$840

ADVANCED HEALTH COACHING (FWY, MNY)

At the Y, your success is important to us, and our Advanced Health Coaching Program is a great way to get the extra support for you to succeed. Health coaching looks at the whole person, the nutrition, the psychology, the exercise, hormones, vitamins, nutrients and so much more. Through authentic communication, we will work together to find the missing piece that has caused you not to reach your health and wellness goals in the past.

- Have you tried everything to lose weight but nothing is working?
- Are you frustrated because you exercise a lot and you are still not seeing results?
- Are you stuck and can't find motivation?
- Do you need guidance on where to begin or what to do next?
- Are you getting older and the scale continues to go up?
- Do you have sleep issues, stress, auto-immune diseases, gut/digestion issues, inflammation or any other triggers that could get in the way of you losing weight?

If you answered yes to any of the questions above, then this is the program for you! Together we will problem-solve to help you reach your goals and address the barriers standing in your way. The first appointment with your health coach is a **FREE** consultation.

INDIVIDUAL (1:1)	Y Member	General Public
1 session	\$58	\$70
4 sessions	\$232	\$280
6 sessions	\$348	\$420
8 sessions	\$464	\$560
12 sessions	\$696	\$840

For additional information or to register, please contact:

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

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

MASSAGE AND SPA SERVICES FOR MEN AND WOMEN

(AGES 18 YEARS - ADULT)

(ACY, APY) *SERVICES VARY AT EACH BRANCH

Relaxation, Therapeutic and Sports 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	\$58	\$82	ACY, APY
30-minute massage service	\$36	NA	APY
80-minute massage service	\$90	NA	APY
25-minute Mobility Sports Massage	\$44	NA	APY

Fees for Aesthetic Services	YMCA Member	General Public	Location
Facial	\$58	\$84	APY
Specialty Facial-includes dermaplane	\$106	\$158	APY
Dermaplane only	\$50	\$75	APY
Back Treatment	\$58	\$84	APY

Fees for Waxing Services	YMCA Member	General Public	Location
Back Wax	\$55	\$80	APY
Full Face	\$40	\$52	APY
Arms (elbow to wrist)	\$30	\$40	APY
Full Arms	\$40	\$70	APY
Full Legs	\$62	\$85	APY
Legs (knee to below)	\$40	\$50	APY
Bikini (along bikini line)	\$54	\$68	APY
Brow Wax	\$18	\$26	APY
Upper Lip	\$18	\$26	APY
Chin & Neck	\$18	\$26	APY
Cheeks	\$18	\$26	APY
Underarms	\$30	\$40	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.

Relaxation Massage is a type of massage, also referred to as Swedish Massage, consists of gentle pressure along muscle groups to help alleviate tension, improve lymphatic flow and increase circulation.

NORMATEC COMPRESSION THERAPY - APY

Compression Therapy (CT) is a treatment method that uses pulse massage patterns to boost recovery and is for anyone looking to improve blood and fluid circulation. Individuals wanting to recover quicker from an intense workout or injury, suffering from chronic pain, diabetes, varicose veins, lymphedema or just suffering from poor circulation can benefit from Compression Therapy. CT has been utilized for a long time to help athletes recover and improve performance and utilized in hospital settings for individuals recovering from surgery and can have many positive health benefits for all populations and many conditions.

Price:	1 Session	\$20
	4 Sessions	\$70
	8 Sessions	\$120

Schedule your appointment in the YMCA app or our website at www.ymcafoxcities.org

Contact: Loel Kreger Wellness Director P 920.954.7658 E lkreger@ymcafoxcities.org
Heather Mathe Wellness Coordinator P 920.954.7609 hmathe@ymcafoxcities.org

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
- Warrior
- Aerial Yoga
- Boxing
- Reformer Classes

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.

REGISTRATION REQUIRED FOR ALL SMALL GROUP TRAINING CLASSES.
PLEASE SEE PRICING IN CLASS GRID BELOW.

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!

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/class days and times for all YMCA of the Fox Cities branches are located on the YMCA website at ymcafoxcities.org and our mobile app.

SYNERGY	Y Member (price per person)	General Public (price per person)
4 sessions	\$40	\$76
8 sessions	\$80	\$152
12 sessions	\$120	\$228
Monthly Unlimited	\$47 (Requires monthly bankdraft)	

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

Contact:

ACY – Mariah Egger Health & Wellness Coordinator P 920.886.2144 E meggler@ymcafoxcities.org

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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.**

YOUTH SYNERGY (APY,FWY,OGY) Ages 10-18

Establish a healthy, active lifestyle. Connect with others and reach fitness goals. This program is perfect for all levels and abilities Middle School through High School. Classes are limited to 8 participants. Our goal is to develop a strong foundation built on form for your teens to learn and enjoy strength and conditioning.

October 27 - December 21

Fox West YMCA	M/W	3:45-4:30 PM	Y Member \$105	General Public \$125
	T/TH	3:45-4:30 PM	Y Member \$105	General Public \$125
Ogden YMCA	M/W	4:15-5:00pm	Y Member \$105	General Public \$125

HOME SCHOOL SYNERGY (FWY) Ages 10-18

Establish a healthy, active lifestyle. Connect with others and reach fitness goals. This program is perfect for all levels and abilities Middle School through High School. Classes are limited to 8 participants. Our goal is to develop a strong foundation built on form for your teens to learn and enjoy strength and conditioning.

October 27 - December 21

Fox West YMCA M/W 10:00-10:45an Y Member \$105 General Public \$125

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

OGY – Becky Oszman Wellness Coordinator P 608.566.9842 E roszman@ymcafoxcities.org

APY – Heather Mathe Wellness Coordinator P 920.954.7609 hmathe@ymcafoxcities.org

TEEN STRENGTH AND CONDITIONING (HVY) Ages 11-18

Develop a strong foundation built on form. Establish a healthy, active lifestyle, and connect with others. Emphasis on building acceleration and change of direction. Perfect for all levels and abilities. Middle school through high school. Incorporates strength, speed and agility into each session.

October 27 - December 21

Class Times: M/W 3:45-4:30pm Y Member \$100 General Public \$125

HVY- Carson Schemenauer Wellness Coordinator P 920.830.5725 E cschemenauer@ymcafoxcities.org

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. These strength & cardio-based training sessions utilize functional training systems and the **Myzone** technology to provide you with the ultimate calorie and fat loss workout. 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: M/W/F 5:15 AM
 M/W/F 8:30 AM
 M/T/W/TH 2:30 PM
 M/W/TH 5:45 PM

WARRIOR WORKOUT	Y Member (price per person)	General Public (price per person)
4 sessions	\$40	\$76
8 sessions	\$80	\$152
12 sessions	\$120	\$228
Monthly Unlimited*	\$47 (Requires monthly bankdraft)	

***Monthly unlimited must be purchased in house.**

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

For additional information or to register, please contact:

Becky Oszman Wellness Coordinator P 608.566.9842 E roszman@ymcafoxcities.org

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

Session Dates: October 29 – December 21

Time: M Noon-12:50 PM
T 9:45 – 10:35 AM
T 5:30-6:20 PM
TH 7:00 – 7:50 PM

Price: \$62 member/ \$92 non-member

BOXING (NMY)

Learn fundamentals including the 6 key punches in boxing and basic techniques with and without a partner. Functional, plyometric and traditional boxing exercises are used to develop speed, power and endurance required for advanced boxing, and to improve overall fitness. Gloves and hand wraps are required; gloves are provided if needed. Beginner levels welcome.

Contact: Susan Christel Fitness Director P 920.886.2127 E schristel@ymcafoxcities.org

Session Dates: October 27 – December 21, 2025

Time: W 7:00-8:15 PM

Price: \$87 member/ \$133 non-member per session

FITCORE REFORMER CLASS (APY)

FitCore Reformer is a pre-choreographed reformer class based on classical Pilates positions. It focuses on your powerhouse muscles - glutes, abdominals, and inner thighs - to help stabilize and control movements. FitCore Reformer is great for building core strength, flexibility, mobility, and stamina. Taught at a faster pace, every class follows the same format, ensuring you can practice and perfect your technique.

Session Dates: October 27 – December 21

Days: M 5:30-6:20 PM
M 6:30-7:20 PM
T 5:30-6:20 PM
W 5:30-6:20 PM
SAT 9:00-9:50 AM
SAT 10:00-10:50 AM
SUN 10:00-10:50 AM
SUN 11:00-11:50 AM

Price: \$105 / \$175 non-member