

## PNF Stretches

PNF stretching, or proprioceptive neuromuscular facilitation stretching, is a set of stretching techniques commonly used in clinical environments to enhance both active and passive range of motion to improve motor performance and aid rehabilitation. This method of stretching can be used to help athletes improve performance or help individuals function properly during their daily activities. In addition to being safe and time efficient, the rapidly achievable gains in range of motion may also help promote compliance with the exercise and rehabilitation program.

### 15 MINUTES

Member: Triples: \$50

Save \$18: Buy 7 get 1 FREE: \$115

Activity Member:

\$25 each PNF stretching period

## Nutrition • 5 Day Diet Analysis

Do you know what you are eating? Science shows that most Americans are deficient in their macro and micronutrients necessary to keep their bodies healthy and functioning at peak levels. A body that functions at peak levels is a body that is going to get results?

No matter what the goal. Our certified staff will give you the nutritional guidance you need to function at your best.

FEE \$65

Members Only



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOU CAN

The only thing that stands between you and what you want out of life is the will to try – and faith to **believe it's possible.**

-Rich DeVos

Contact one of our locations to set up your wellness consultation today!

OSHKOSH COMMUNITY YMCA  
[www.oshkoshymca.org](http://www.oshkoshymca.org)

### DOWNTOWN

236-3380 • 324 Washington Avenue

### 20TH AVENUE

230-8439 • 3303 W. 20th Avenue

# ACHIEVE YOUR PERSONAL BEST

## YMCA PERSONAL TRAINING



The same voice that says "give up" can also be trained to say "keep going!"  
-Unknown

OSHKOSH COMMUNITY YMCA

# YMCA PERSONAL TRAINING



You don't know your limits until you  
**push yourself** past them.

-Unknown

## Private Personal Training

Whether you prefer land-based exercise or water workouts, our trainer can personalize a plan based on your lifestyle and goals—like working professionals, new moms, athletes or active older adults. At the Oshkosh YMCA, All Personal Trainers are nationally certified at the highest level. Our approach is precise and scientific. Every person will receive their own personalized program based on their specific needs.

### POLICIES:

- All training must be purchased prior to starting your training program with your certified personal trainers.
- All packages are due in-full at point of service
- You have six months to redeem your sessions. After six months your sessions will be void
- Cancellations must be done by calling the Y 24 hours prior to cancellation at (920) 230-8439 and by notifying your personal trainer by phone or email.
- You will receive two free cancellations due to emergencies.

### SINGLE SESSION PRICING:

#### One 60-minute session

Member \$50 • Activity Member \$70

#### One 30-minute session

Member \$25 • Activity Member \$35

### PACKAGE OPTIONS YMCA MEMBERS ONLY:

#### 30-minute Packages

##### SAVE \$10:

TRIPLES: 3 half-hours of Personal Training • \$65

**SAVE \$25:** Buy 7 half-hours & get 1 FREE • \$175

#### Hourly Packages

##### SAVE \$20: TRIPLES:

3 hours of Personal Training • \$130

**SAVE \$50:** Buy 7 hours & get 1 FREE • \$350

#### Gold Package

**SAVE \$100:** 12 hours of Personal Training • \$500

**SAVE \$50:** 12 half-hours of Personal Training • \$250

## Clinical Personal Training • Ages 13+

This package is for individuals with clinical concerns or limitations. Our clinical professionals will help you increase function, reduce pain, and promote independence. We work with all members to include individuals with pre/post-natal, arthritis, post-bariatric patients, multiple sclerosis, cerebral palsy, Alzheimer's, Parkinson's, cancer, wheelchair bound, wounded warriors, individuals dealing with pre-diabetes and diabetes (type I and type II).

### SAVE \$25:

Buy 7 get 1 FREE • \$175 • Members Only

## Private Small Group Training

(YMCA Members Only) • Ages 13+

Do you and your friends want to work out together in a way that is customized based on your goals? Private Small Group Training is a great way to keep each other accountable and progressing towards your fitness goals.

### 1 HOUR

2 people \$40/person

3 people \$30/person

4 people \$20/person

### HALF HOUR

2 people \$20/person

3 people \$17.50/person

4 people \$15/person

A nationally certified personal trainer will coach, motivate and inspire you to reach your goals and achieve the results you have always wanted. There is no better way to reach your wellness goals, train for an event or achieve optimal health than to work one-on-one with a Personal Trainer.

**Call today and get started now!**

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