

## 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

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



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOU CAN

# BE YOUR BEST YOU

## PERSONAL TRAINING

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

-Unknown



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

OSHKOSH COMMUNITY YMCA

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.

## Private Personal Training

### PAY-AS-YOU-GO OPTIONS

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

#### Gold Package

12 half-hours of Personal Training \$250

SAVE \$100: 24 half-hours of Personal Training • \$500

## EASY PAYMENT OPTIONS

### YMCA MEMBERS ONLY

- Authority to Draw Pre-Authorized Debits/Monthly Credit Card Charge for CPT Monthly Payments

- 1 I hereby authorize the Oshkosh Y to (1) draw each month on my account for the payment to the Oshkosh Y of the monthly amount due for the YMCA CPT program, OR (2) charge my credit card on file for the payment to the Oshkosh Y of the monthly amount due for the YMCA CPT program.
- 2 The Y shall incur no liability if the balance in the bank account of the member is insufficient to cover any draft upon presentation or the credit card payment is rejected.
- 3 Auto-payments returned for any reason will be subject to a \$25 unsuccessful payment charge. As a courtesy, the Y will attempt this auto-payment every five (5) days. Each unsuccessful attempt will result in a \$25 unsuccessful payment charge. To avoid the additional fees, contact the Y before the next attempt to make other payment arrangements. After three (3) unsuccessful attempts, the agreement will be cancelled until new payment arrangements are made.
- 4 This agreement shall continue in effect unless and until terminated by the Y or the member whose signature appears by written notice to the other party. In addition, the Y may terminate the agreement immediately if any draft is not paid upon presentation.
- 5 As a convenience, auto-paid CPT payments continue indefinitely until the member cancels IN WRITING to Rich Roehrick. The Oshkosh Y requires a 48 hour notice (\*) of CPT Program cancellation IN WRITING. Cancellation will end the NEXT scheduled auto-payment. No refunds will be issued. Telephone cancellations will NOT be accepted.
- 6 Changes to bank account or credit card information (including expiration dates) must be communicated to the Y in person during regular business hours or online at least 48 hours (\*) prior to the next scheduled draft in order to be effective for that month.
- 7 Participants will be notified by email of impending rate changes.

\*by the end of business two (2) days prior to the scheduled monthly payment

### EASY PAYMENT OPTIONS: 30 Minute Sessions

- 1x Week: \$89 (4 sessions)
- 2x Week: \$169 (8 sessions)
- 3x Week: \$229 (12 sessions)
- Unlimited: \$449 (12+ sessions)

## 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 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 & Activity Members

## 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

## NEW Community Small Group Training

(YMCA Members Only)

Are you looking to work-out in a small group with in-depth programming but do not have a group to train with? Then our Community Small Group Training is for you! During your (30 minute) training sessions, you will meet with one of our certified personal trainers in our small group format open to anyone that wants to join (2-5 people). In this personalized setting, you will benefit from in-depth instruction while focusing on your specific goals. It's just as good as private personal training at a fraction of the cost- with added motivation from your workout partners.

TUESDAY & THURSDAY 8:00 a.m.

SATURDAY 9:00 a.m.

### PAY-AS-YOU-GO OPTIONS

1x Week (4 sessions): \$69 SAVE \$31

2x Week (8 sessions): \$99 SAVE \$101

3x Week (12 sessions): \$149 SAVE \$151