

University of Wisconsin Oshkosh (UWO) KINESIOLOGY PARTNERSHIP OPTIONS

BODPOD

The Bod Pod is based on whole-body air displacement plethysmography, a scientifically validated method for measuring human body fat percentage. Because of its accuracy, the Bod Pod service is ideal for those who wish to track how they are doing before, during, and after starting a new exercise, diet, or other health program.

FEE: \$75

INDIRECT CALORIMETRY

Do you want to know how many calories you are burning at rest? This add-on service will help you measure your caloric needs based on your specific goals. We do this by measuring the difference between inspired and expired levels of oxygen and carbon dioxide, determinants of VO₂ and VCO₂. These values are then converted to an REE (resting energy expenditure).

FEE: \$125

ABSOLUTE VO₂ TESTING

A VO₂ Max test involves a graded exercise test on a treadmill or on your bike. The test begins at a very light intensity and gets slightly harder each minute until maximum exertion. The subject wears a mask and we measure the volume of air expired along with the percentages of oxygen and carbon dioxide in the expired air. From this data, we determine your Aerobic Threshold, Lactate Threshold and VO₂Max.

FEE: \$125

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

-Unknown



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 & NUTRITIONAL SERVICES



OSHKOSH COMMUNITY YMCA

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

OSHKOSH COMMUNITY YMCA
www.oshkoshymca.org

DOWNTOWN

236-3380 • 324 Washington Avenue

20TH AVENUE

230-8439 • 3303 W. 20th Avenue

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

Private Personal Training/Dietitian Services

PAY-AS-YOU-GO OPTIONS

Whether you prefer land-based exercise or water workouts, our professionals can personalize a plan based on your lifestyle and goals. We offer programs and prescription to everyone. At the Oshkosh YMCA, all program professionals are nationally certified at the highest level. Our approach is precise and scientific. Every person will receive their own personalized program/prescription based on their specific needs.

POLICIES:

- All training/services must be purchased prior to starting your training program with your certified personal trainers.
- All packages are due in-full at point of service.
- With purchasing a package, you will be able to interchange diet consultations with personal training.
- You have six months to redeem your sessions. After six months your sessions will be voided.
- Cancellations must be done by calling the Y 12 hours prior to cancellation at (920) 230-8439 and by notifying your personal trainer/dietitian 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 or Dietitian Services • \$65

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

Gold Package

SAVE \$50: 12 half-hours of Personal Training or Dietitian Services • \$250

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

NEW! Weight Loss Package

A strength-based workout on our circuit machines that maximizes a full routine of eight Are you looking to lose weight this winter? Our weight loss package is focused towards you. Our clinicians look at all weight loss barriers to include sleep, hormones, support, nutrition, and exercise. *This package is a must if you are serious about changing your life.*

- Three 1-on-1 sessions with our registered dietitian
 - Eight 1-on-1 sessions with our certified personal trainers
 - One-hour weight-loss coaching session
- FEE \$300 Members Only**

EASY PAYMENT OPTIONS YMCA MEMBERS ONLY

This wellness option is an add-on to your membership. If you like working with a personal trainer or dietitian and hate purchasing week after week then this is the package for you. We will automatically withdraw the designated amount based on the option that you choose. Make life easy with this wellness option!

- If you need to cancel or pause this option at any time please let the front desk staff or your personal trainer know in person 48 hours prior to cancellation

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)

PNF Stretching

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 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

Clinical Personal Training • Ages 13+

This package is for the 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

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? 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 a 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. *Join with a group or join by yourself!*

TUESDAY & THURSDAY 8:30 a.m.

PAY-AS-YOU-GO OPTIONS

4 sessions: **SAVE \$31:** \$69

8 sessions: **SAVE \$101:** \$99

12 sessions: **SAVE \$151:** \$149

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