



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOIN THE CELEBRATION

Personal & Small Group Training YMCA OF THE FOX CITIES

“You don’t know your limits until you push yourself past them.” ~Unknown

Join us for a fitness celebration and learn about all of the benefits Personal Training at the Y can provide. Personal & Small Group Training will help you get started, stay motivated and reach all your goals safely, effectively and with maximum results!

In addition to the schedule below, several other options will be offered at all of our Y locations. Visit ymcafoxcities.org to view all the schedules.

APPLE CREEK YMCA

Monday, September 10

5:00-7:00 PM • Meet the Trainer

Wednesday, September 12

9:00-11:00 AM • Ask the Trainer

NOON-12:30 PM • TRX Training

Thursday, September 13

5:00-7:00 PM • Meet the Trainer

Friday, September 14

10:30 AM-12:30 PM • Ask/Meet the Trainer

3:00-5:00 PM • Ask the Trainer





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APPLETON YMCA

Monday, September 10

9:00-10:00 AM • Roll Out The Reformer

5:15-6:15 PM • Roll Out The Reformer

7:35-8:30 PM • Aerial Yoga 101

Tuesday, September 11

9:00-9:30 AM • Synrgy 360

11:30 AM-NOON • TRX

Wednesday, September 12

11:00-NOON • Roll Out The Reformer

NOON-12:30 PM • Synrgy 360

4:00-4:30 PM • Synrgy 360

Thursday, September 13

6:30-7:00 AM • TRX

5:30-6:00 PM • Synrgy 360

6:00-6:30 PM • Synrgy 360

Friday, September 14

6:30-7:00 AM • Synrgy 360





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FOX WEST YMCA

Monday, September 10

9:00 AM-1:00 PM • Meet the Trainer

4:00-5:00 PM • Meet the Trainer

Tuesday, Sept 11

9:00-9:30 AM • Synrgy 360

9:30-10:00 AM • Synrgy 360

5:00-7:00 PM • Meet the Trainer

Wednesday, September 12

8:00-11:00 AM • Meet the Trainer

5:00-7:00 PM • Meet the Trainer

Thursday, Sept 13

9:00-9:30 AM • Synrgy 360

9:00-11:00 AM • Meet the Trainer

9:30-10:00 AM • Synrgy 360





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HEART OF THE VALLEY YMCA

Monday, September 10

8:30-10:30 AM • Meet the Trainer

4:00-6:00 PM • Meet the Trainer

6:00-6:45 PM • Connexus Small Group Training

Tuesday, September 11

5:30-6:15 AM • Connexus Small Group Training

8:30-9:15 AM • Connexus Small Group Training

5:00-7:00 PM • Meet the Trainer

Wednesday, September 12

8:00-8:45 AM • Connexus Small Group Training

10:00 AM-NOON • Meet the Trainer

Thursday, September 13

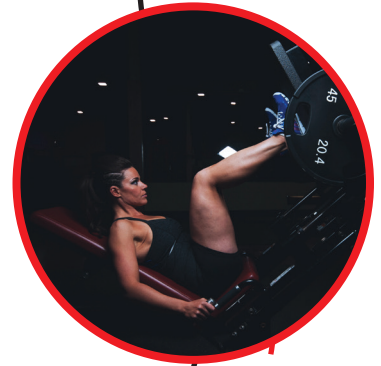
8:30-10:30 AM • Meet the Trainer

NOON-12:45 PM • Connexus Small Group Training

5:45-6:30 PM • Connexus Small Group Training

Friday, September 14

5:15-6:00 AM • Connexus Small Group Training





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NEENAH-MENASHA YMCA

Monday, September 10

- 5:00-7:00 AM • Meet the Trainer
- 8:30-10:30 AM • Meet the Trainer
- 10:30 AM-12:30 PM • Meet the Trainer
- 5:00-8:00 PM • Ask the Trainer
- 6:05-6:50 PM • TRX Small group Training

Tuesday, September 11

- 5:00-7:00 AM • Ask the Trainer
- 8:30-11:00 AM • Ask the Trainer
- 11:00 AM-1:00 PM • Meet the Trainer
- 11:30 AM-1:00 PM • Meet the Trainer
- 4:00-6:00 PM • Meet the Trainer
- 5:00- 8:00 PM • Meet the Trainer

Wednesday, September 12

- 5:00-7:00 AM • Meet the Trainer
- 7:00-9:00 AM • Ask the Trainer/Dietitian
- 8:45-9:45 AM • TRX Pilates Small Group Training
- 11:00 AM-1:00 PM • Ask the Trainer
- 5:00-7:00 PM • Ask the Trainer

Thursday, September 13

- 11:00 AM-1:00 PM • Meet the Trainer
- 1:00-3:00 PM • Ask the Trainer
- 4:00-6:00 PM • Ask the Trainer

Friday, September 14

- 6:00-8:00 AM • Ask the Trainer
- 8:30 AM-1:00 PM • Ask the Trainer
- 10:00 AM-NOON • Meet the Trainer