



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTH & FITNESS

STAFF CONTACTS

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FWY – Maggie Pawlowski Wellness Coordinator P 920.560.0424 E mpawlowski@ymcafoxcities.org
HVY – Paula Beyer Health & Fitness Director P 920.830.5708 E pbeyer@ymcafoxcities.org
HVY – Emily Paschen Wellness Coordinator P 920.830.5725 E epaschen@ymcafoxcities.org
NMY – Susan Christel Health & Fitness Director P 920.886.2127 E schristel@ymcafoxcities.org
NMY – Katie Schalk Wellness Coordinator P 920.886.2122 E kschalk@ymcafoxcities.org
OGY – Cindy Baumgartner Health and Fitness Coordinator P 920.560.0001 cbaumgartner@ymcafoxcities.org

HEALTH & SAFETY REMINDERS

- Please do not attend if you are not healthy or have been exposed to someone with COVID-19.
- Please sanitize your hands as you enter the Y and as you exit.
- We will provide each member with a rag and sanitizer. We expect that you sanitize all equipment you use before and after your workout.
- The group exercise schedule is on the app and the website. *Please check the APP to see if reservations are required and these can be made up to 2 days in advance.*
- Small sweat towels will be available for Wellness Center areas and group exercise classes.
- YMCA members will be provided a shower towel, program participants, please bring a shower towel.
- We recommend that Yoga participants should bring their own mat but extra mats and equipment are available in the studio if needed.

GROUP FITNESS SESSION DATES (Value-added Classes and Paid Classes):

Fall Classes – September 7-December 19, 2021 (14 weeks)

- No classes on Monday, September 6, 2021 (Labor Day)
- Holiday Week – Limited Schedule – November 22-28, 2021
- Holiday Week – Limited Schedule – December 20-January 2, 2022

PLEASE NOTE:

- 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.

Fall 1 Session: September 7-October 24, 2021

Fall 2 Session: October 18-December 19, 2021

This is a working document and is subject to change.

UPDATED ON: AUGUST 11, 2021

CONVENIENT. FLEXIBLE. EXPANDED OPTIONS

Group exercise classes, times, days, descriptions, and branch locations can be found on the YMCA of the Fox Cities APP. The APP is available for iPhones and Androids and can be downloaded at the Google Play Store or iTunes Store.

Here are the steps to find the APP:

- In the APP Store or Google Play Store, search **YMCA FOX CITIES.**
- Download the APP that has the Y logo.
- Select "Allow" for notifications (and location if desired).
- All notifications will be set to OFF. Update those for each branch in the More button/Preferences/Notifications.
- At the bottom of the screen click on the Cards icon.
- Click Add New Card.
- Enter the name of the person whose card number you wish to add.
- Enter your bar code number, then click Save.
- Multiple bar codes can be stored. If you wish to add an additional number, click Add New Card.

HEALTH INITIATIVES

NORDIC POLE WALKING FOR PARKINSON'S (HVY)

Enhances a better gait, helps you move more fluidly, and more upright so you can see what is around you. Improves posture and gait speed. Rhythm of walking improves brain function and balance. For eligible adults aged 30-75 with a Parkinson's diagnosis and their caregivers. *Those interested who are over 75 years of age, please contact the branch contact person noted below.

Dates: HVY – T- 4:00-4:45 PM; September 7 – November 9.

Cost: \$20 for Y Members; \$28 for General Public (care giver/support person is free)

Contact: HVY – Paula Beyer pbeyer@ymcafoxcities.org

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: August 2 – September 26, 2021
September 27 – November 21, 2021

Time: FWY – M/TH – 2:00-3:00 PM
HVY – T/TH – 11:00 AM - NOON

Cost: Fees are listed below (care giver/support person is free)

Contact: FWY – Maggie Pawlowski mpawlowski@ymcafoxcities.org
HVY – Paula Beyer pbeyer@ymcafoxcities.org

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Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Nordic Pole Walking for Parkinson's	HVY	30-75* years	T	4:00 PM	4:45 PM	\$20	\$28
Pedaling for Parkinson's	FWY	30-75* years	M/TH	2:00 PM	3:00 PM	\$45	\$65
Pedaling for Parkinson's	HVY	30-75* years	T/TH	11:00 AM	NOON	\$45	\$65

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
- TRX® Training
- Functional Training
- Strength and Cardio
- Aerial Yoga

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

NOTE: Prices indicated in the grid are for one day a week only, unless otherwise noted.

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

AERIAL YOGA	Y Member (price per person)	General Public (price per person)
3 sessions	\$39	\$63
6 sessions	\$66	\$114
9 sessions	\$81	\$153
12 sessions	\$96	\$186

SESSION TIMES

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

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ONE-ON-ONE AND DUAL REFORMER TRAINING (APY)

For students who want a focused practice. A private or semi-private lesson can help you deepen your practice by exploring the fundamentals of yoga or reformer, specific breathing techniques, alignment adjustments and modifications. The unique spring resistance of this machine helps generate smooth muscular contractions that develop strength without bulk. Improve your body awareness and posture while correcting muscle imbalances and increasing flexibility.

Contact: Kristina Schultz Fitness Director P 920.954.7616 E kschultz@ymcafoxcities.org

PERSONAL TRAINING (APY)

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.

INDIVIDUAL (1:1)	Y Member	General Public
3 sessions	\$123	\$175
6 sessions	\$234	\$342
9 sessions	\$342	\$495
12 sessions	\$442	\$634

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

DUAL REFORMER – (APY)

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! At least one person must be a YMCA of the Fox Cities member to receive YMCA Member pricing.

PARTNER (2 people)	Y Member (price per person)	General Public (price per person)
3 sessions	\$88	\$116
6 sessions	\$167	\$225
9 sessions	\$243	\$329
12 sessions	\$308	\$426

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

PRIVATE GROUP REFORMER– (APY)

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.

SMALL GROUP (3 or more people)	Y Member (price per person)	General Public (price per person)
3 sessions	\$58	\$82
6 sessions	\$104	\$152
9 sessions	\$147	\$219
12 sessions	\$184	\$280

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

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

SYNERGY - SMALL GROUP TRAINING

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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!

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.

Combine SYNERGY with the MYZONE system for maximum results and incredible experiences!

SESSION TIMES

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SYNERGY	Y Member (price per person)	General Public (price per person)
3 sessions	\$39	\$63
6 sessions	\$66	\$114
9 sessions	\$81	\$153
12 sessions	\$96	\$186
Monthly Unlimited	\$69 (Requires monthly bankdraft)	

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

Contact:

ACY – Nick Krause Wellness Coordinator P 920.702.2317 E nkrause@ymcafoxcities.org

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

FWY – Maggie Pawlowski Wellness Coordinator P 920.560.0424 E mpawlowski@ymcafoxcities.org

HVY – Emily Paschen Wellness Coordinator P 920.830.5725 epaschen@ymcafoxcities.org

NMY – Katie Schalk Wellness Coordinator 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.**

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