

PERSONAL TRAINING

Our knowledgeable and experienced personal trainers will create a customized workout program accompanied with clean eating guidelines so you have a plan to succeed!

We offer a wide variety of strength training programs that are customized to each individual's goals. Our trainers will discuss in depth long and short term goals; as well as target areas that need to be monitored and improved. By doing so, we're able to prepare a program that, over time, will enhance your overall health and fitness. **No matter what your goal is, we will work with you directly to accomplish those goals in a safe and healthy environment.**

For your convenience we offer **One-On-One** (as low as \$39 a session) & **Partner Training** (as low as \$29 per person, per session); please contact Tenille Fick, Health & Wellness Director at 654.9622 ext. 235 for more information or to schedule a **FREE** consultation with a trainer. Complete Personal Trainer biography's available at www.kenoshaymca.org. Please note sessions must be paid in full.

BRIDAL BOOT CAMP!

Are you a soon-to-be bride who wants to look her best on that special day? Do you have a tropical beach vacation coming up? Or do you simply just want to look and feel better this Summer?

Whatever the reason is, Bridal Boot Camp will help you achieve your goals! This challenging 60-minute class will include nutrition guidance, measurements, and will emphasize full body resistance training, with blasts of high impact cardio intervals that will tone your muscles and burn fat, **ALL WHILE HAVING FUN** with your new friends!

Contact Personal Trainer, Amanda, at astoney@kenoshaymca.org or 262.654.9622 ext. 265 for more information!

