

PERSONAL TRAINING



At the Madison Area YMCA

Our team of certified personal trainers create goal-based programs that keep your workouts fresh, fuel your motivation and make exercise fun and exciting.



30-MINUTE MOTIVATOR

Fast and fun results driven workout with a Certified Personal Trainer. These workouts are a great way to begin or end your day.



1-ON-1 PERSONAL TRAINING 1 HOUR

One-on-one personal training sessions with a Certified Trainer. Hour Sessions include Fitness Assessment, cardio respiratory training, resistance training and personal coaching.

SEMI-PRIVATE TRAINING 1 HOUR



A great way to get results and motivate each other by training with one or two other individuals under the direction of a Certified Trainer.



SMALL GROUP TRAINING

Small group personal training offers clients the enthusiasm and encouragement from a group environment while still getting personalized attention and fitness routines tailored to your specific needs.

*Minimum of 4 participants per group

* See Small Group Training Schedule for more details.

For more information on Personal Training at the Y or for the Fall Fitness Schedule, please visit madisonareaymca.org

The Official Ymca Fitness Program

Raffaela Di Napoli



The Official Ymca Fitness Program:

The Official YMCA Fitness Program National Board of the Young Men's Christian Associations, 1984 A comprehensive fitness program developed by the YMCA emphasizes mental physical and nutritional aspects of fitness The Feeling Great! Wellness Program for Older Adults Jules C Weiss, 2014-06-17 The Feeling Great Wellness Program is an inspirational book describing a successful health care program for older adults Created for people who desire a richer life Feeling Great is a program of everyday miracles the regaining of body strength and movement and the expanding of physical abilities Participants learn to improve their physical emotional and psychological health through a comprehensive wellness program A training manual and self help guide this motivational volume looks at an effective program that allows older adults to learn about their health care needs and options practice a daily exercise program suited to their abilities develop supportive new friendships increase their self esteem and overcome barriers of ill health poor diet sedentary lifestyles and physical and emotional difficulties The Feeling Great Wellness Program for Older Adults offers a comprehensive view of a quality program through the eyes of both participant and instructor The text can be used for personal interest as well as a training manual for professionals who work with older adults Features Offered in The Feeling Great Wellness Program for Older Adults Over 40 photographs The interaction of medication nutrition and exercise Attitude and exercise guidelines Liability concerns Step by step program description Sample health care lectures covering topics such as diet and nutrition Exercise pointers for people with arthritis Contraindicative exercises Cardiovascular fitness routines Minimizing the risks of exercise Addressing the emotional and physical fears of exercise Handling diverse abilities within a group setting Nine different exercise activity routines Relaxation techniques Sample program materials including a participant activity profile and health history

Creative Fitness Henry B. Biller, 2002-05-30 Biller integrates research about exercise nutrition and health within an applied developmental psychological framework Readers are presented with ways of making fitness an enjoyable and positive force in their daily lives Although a major focus is on how to get in shape Biller's primary mission is to encourage a healthy lifestyle that enriches self awareness and personal growth The goal is not just to facilitate physical fitness but to enhance overall life satisfaction The book's uniqueness accordingly lies in its ability to help individuals develop a creative playful approach to fitness in all spheres of their lives While some readers are just beginning to think about fitness because of a desire to lose weight and improve their appearance others are more interested in refining their athletic skills or achieving a greater balance in their daily activities Dedicated exercisers often are striving for new routines and ways to prevent burnout Many parents moreover are searching for activities to help their children as well as themselves become more fit Older individuals are especially likely to be concerned about staying healthy and avoiding physical dependence as they age Biller speaks to all these concerns and all these groups by providing an approach to getting in shape that enriches self understanding and mental vitality **Fire Service Physical Fitness Programs** David B. Gratz, Dennis H. McCune, 1977

Unrelated business income tax United States. Congress. House. Committee on Ways and Means. Subcommittee on Oversight,1988 *The Volleyball Coaching Bible* Donald S. Shondell,Cecile Reynaud,2002 Newsletter ,1976 *Official Gazette* Philippines,1975 Life Choices Frances Sienkiewicz Sizer,Frances Sizer Webb,Eleanor Noss Whitney,Dana Knighten Cowley,1988 Abstract A textbook for college health and nutrition students presents authoritative practical and colorfully illustrated information concerning a wide variety of basic and current health and nutrition topics and controversies The text describes health promotion for infants and children in chapters on pregnancy and parenting major health threats to young adults alcohol drugs smoking accidents injury and adult disease risks addressing all of the educational objectives identified by the US Public Health Service The 20 text chapters also cover health information and behavior stress and its management emotional health and problems nutritional requirements for health promotion weight control fitness improvement and nutrient requirements medicines and drugs and consumers and the US health care system Ancillary reference data and information are included in 6 appendices Examining the 21st Century Community Learning Centers Program United States. Congress. House. Committee on Education and the Workforce. Subcommittee on Early Childhood, Youth, and Families,2000 *Devotional Fitness* Martin Radermacher,2017-01-05 This book examines evangelical dieting and fitness programs and provides a systematic approach of this diverse field with its wide variety of programs When evangelical Christians engage in fitness and dieting classes in order to glorify God they often face skepticism This book approaches devotional fitness culture in North America from a religious studies perspective outlining the basic structures ideas and practices of the field Starting with the historical backgrounds of this current the book approaches both practice and ideology highlighting how devotional fitness programs construe their identity in the face of various competing offers in religious and non religious sectors of society The book suggests a nuanced and complex understanding of the relationship between sports and religion beyond simple functional equivalency It provides insights into the formation of secular and religious body ideals and the way these body ideals are sacralized in the frame of an evangelical worldview **106-2**

Hearing: Examining The 21st Century Community Learning Centers Program, Serial No. 106-85, February 10, 2000 ,2000 The Running Book Consumer,1978 **Encyclopedia of Sports Management and Marketing** Linda E. Swayne,Mark Dodds,2011-08-08 This four volume set introduces on the management side principles and procedures of economics budgeting and finance leadership governance communication business law and ethics and human resources practices all in the sports context On the marketing side this reference resource explores two broad streams marketing of sport and of sport related products promoting a particular team or selling team and sport related merchandise for example and using sports as a platform for marketing non sports products such as celebrity endorsements of a particular brand of watch or the corporate sponsorship of a tennis tournament Together these four volumes offer a comprehensive and authoritative overview of the state of sports management and marketing today providing an invaluable print or online

resource for student researchers **Unfair Competition with Small Business from Government and Not-for-profits**
 United States. Congress. House. Committee on Small Business,1996 Journal of Health, Physical Education, Recreation
 ,1963 **The Journal of Health and Physical Education** ,1932 *Official Handbook of the Girls' Branch of the Public*
Schools Athletic League Public Schools Athletic League. Girls' Branch,1910 **Physical Training Simplified** Edward
 Barrett Warman,1901 **The SAGE Encyclopedia of World Poverty** Mehmet Odekon,2015-06-15 The SAGE Encyclopedia
 of World Poverty Second Edition addresses the persistence of poverty across the globe while updating and expanding the
 landmark work Encyclopedia of World Poverty originally published in 2006 prior to the economic calamities of 2008 For
 instance while continued high rates of income inequality might be unsurprising in developing countries such as Mexico the
 Organization of Economic Co operation and Development OECD reported in May 2013 even countries with historically low
 levels of income inequality have experienced significant increases over the past decade including Denmark Sweden and
 Germany The U N and the World Bank also emphasize the persistent nature of the problem It is not all bad news In March
 2013 the Guardian newspaper reported Some of the poorest people in the world are becoming significantly less poor
 according to a groundbreaking academic study which has taken a new approach to measuring deprivation The report by
 Oxford University s poverty and human development initiative predicts that countries among the most impoverished in the
 world could see acute poverty eradicated within 20 years if they continue at present rates On the other hand the U N says
 environmental threats from climate change could push billions more into extreme poverty in coming decades All of these
 points lead to the need for a revised updated and expanded edition of the Encyclopedia of World Poverty Key Features 775
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The Official Ymca Fitness Program Introduction

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