

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

RC Schank



The Official Ymca Fitness Program:

Enjoying the Song of Term: An Emotional Symphony within **The Official Ymca Fitness Program**

In a world used by screens and the ceaseless chatter of instantaneous conversation, the melodic splendor and mental symphony developed by the written term usually diminish into the backdrop, eclipsed by the persistent sound and disruptions that permeate our lives. However, situated within the pages of **The Official Ymca Fitness Program** a wonderful literary prize brimming with fresh emotions, lies an immersive symphony waiting to be embraced. Constructed by a masterful musician of language, that charming masterpiece conducts readers on an emotional trip, well unraveling the concealed songs and profound influence resonating within each carefully constructed phrase. Within the depths of the moving assessment, we can investigate the book is key harmonies, analyze its enthralling publishing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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