

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

Mike Jess



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

The Running Book Consumer,1978 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
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