

OUR MISSION:

To promote and provide quality, affordable activities and services that will contribute to the physical, mental, emotional and social well-being of the community.

FAMILY-WELLNESS-COMMUNITY



Community Center

901 Henriette Ave.

Crivitz, WI 54114

Phone: (715) 854-3109

Fax: (715) 854-2283

Email: cycpersonaltraining@crivitzyouthinc.com

Hours of Operation

Monday-Thursday 5AM-8:30PM

Friday 5AM-7PM

Saturday 6AM-2PM

Sunday 6AM-2PM

Crivitz Youth, Inc.
COMMUNITY CENTER

**Personal
Training**

**We are here to
help you reach
your fitness
goals!**



Benefits of Personal Training

Personal training is a great method to achieve your fitness goals. Whether you lack the motivation, don't know what you're doing, or simply need to change your routine. Our personal trainers have the expertise to help you succeed.

POPULAR FITNESS GOALS:

- Flexibility
- Balance
- Weight Loss
- Increase Strength
- Sport-Specific Training
- Functional Training
- Youth-Specific Training
- Post-Rehab
- Pre-Post Hip and Knee Replacement
- Triathlon Training
- Specialized Fitness Needs



Personal Training FAQs

Are your trainers certified? Yes, our trainers are certified through a nationally accredited organization or have earned a degree in an exercise related field of study.



How often should I meet with my trainer? The answer to this question will vary, and certainly depends on your specific goals. Once you have met your trainer, they will discuss your goals and help you to establish the frequency of your sessions. These could vary from multiple times per week to once a month.

How do I pay for my appointments? All training sessions and packages should be purchased at the member service desk. Trainers are not allowed to accept any money or checks from members.

Personal Training Rates:

Personal Training (individual) One Hour

1 sessions—Member \$40 / Non-Member \$55
6 sessions—Member \$230 / Non-Member \$324
12 sessions—Member \$420 / Non-Member \$600

Personal Training (individual) Half Hour

1 sessions—Member \$25 / Non-Member \$35
6 sessions—Member \$140 / Non-Member \$200
12 sessions—Member \$285 / Non-Member \$378

Small Group Training Rates:

60 Minute Sessions (2-4 people, pricing is per person)

1 sessions—Member \$25 / Non-Member \$35
6 sessions—Member \$140 / Non-Member \$200
12 sessions—Member \$270 / Non-Member \$380

30 Minute Sessions (2-4 people, pricing is per person)

1 sessions—Member \$15 / Non-Member \$25
6 sessions—Member \$85 / Non-Member \$140
12 sessions—Member \$162 / Non-Member \$270

Small Group Training Program Options:

- Strength Training
- Circuit Training
- Athletic Conditioning
- HIIT Training
- Couch to 5K
- Triathlon Training
- Cycling
- Aqua Fitness
- Teen Strength and Conditioning
- Other options may be available

Personal Trainer Contact Info:

cycppersonaltraining@crivityyouthinc.com

(715) 854-3109.