



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



ACHIEVING RESULTS

Personal Training
SHEBOYGAN COUNTY YMCA

OUR PHILOSOPHY

Our philosophy is simple: we believe in health and well-being for everyone. We are here for you, to help you grow in spirit, mind and body. At the Y, you will be part of a welcoming and nurturing environment where together we will achieve the results you have always wanted. No matter where you start, we can help you get to where you want to be.

GET THE MOST OUT OF YOUR WORKOUT

Wherever you are in your fitness journey, working with a nationally certified personal trainer may be the next step you need to take in accomplishing your fitness goals. Our certified personal trainers will help you develop a fitness plan specific to your goals and offer you the support you need to reach them safely.

BENEFITS OF PERSONAL TRAINING

There are many reasons why working with a personal trainer can benefit you such as: added variety to your workouts, maximizing your time, specific personal attention, enhanced results and increased support.

OUR CERTIFIED PERSONAL TRAINERS SPECIALIZE IN:

- Balance and flexibility
- Beginners to fitness and exercise
- Core strengthening
- Endurance training for beginner to advanced
- Muscle toning and strength training
- Senior adult training
- Special needs training
- Sports training
- Weight loss
- Youth performance training

PERSONAL TRAINING WILL PROVIDE:

- Encouragement, motivation and accountability
- Flexibility with busy schedules to make the most efficient use of your time
- Guidance to help you safely begin and maintain an effective program
- Program specifically designed according to your personal health history, needs, limitations and goals
- Resources for objective and accurate health and fitness information
- Results-based training

INDIVIDUAL PERSONAL TRAINING

per Person	1 Session	3 Sessions	5 Sessions	10 Sessions
30 Minutes	\$21.00	\$60.00	\$95.00	\$175.00
60 Minutes	\$37.00	\$100.00	\$165.00	\$300.00

SMALL GROUP PERSONAL TRAINING (2 - 4 PEOPLE)

per Person	1 Session	3 Sessions	5 Sessions	10 Sessions
30 Minutes	\$12.00	\$35.00	\$55.00	\$100.00
60 Minutes	\$21.00	\$60.00	\$95.00	\$175.00

MEET OUR PERSONAL TRAINERS

MICHELLE BUSTAMANTE

Education/Certifications

ACE certified personal trainer, trained in BODYPUMP™, Insanity, RIPPED and TRX

Interests

Weight lifting, fitness kickboxing and dance fitness. I enjoy helping others achieve their goals physically, mentally and spiritually.

Classes

Boot Camp, BODYPUMP™, RIPPED and Remix

Favorite Tip/Advice

You can't jump to the top of the staircase, you've got to take one step at a time. Trust the process, be patient, and keep your eyes on the big picture!



DAN CAMPION

Education

Business Management degree from Northland College

Certifications

Certified Strength and Conditioning Specialist, Personal Training Design

Special Interests: Basketball, chess and boxing

Specialty: Athletic training and developing athletes

Favorite Advice

"You miss 100 percent of the shots you don't take". *Wayne Gretzky*



GEOFF CLAPP

Certifications

Y-USA Strength & Conditioning, Y-USA Healthy Living Principles, certified Spinning® instructor, (ACE) certified personal trainer

Background: I have lost 215 lbs

Special Interest: Helping people who want to lose weight

Favorite Exercise

Biking and Spinning®, running, weight lifting, swimming



Turn the page for more personal trainers!



MEET OUR PERSONAL TRAINERS

CLINT WARD

Education/Certifications

- Associates Degree: Physical Therapy – NWTC Green Bay
- Associates Degree: Chiropractic Technician - MPTC West Bend
- ACE certified personal trainer
- CPR/AED certified



Special Interests

Hunting, fishing, outdoors, softball, strength training and training individuals to become better versions of themselves.

Specialties

Post rehabilitation, senior training, rebuilding muscle mass, bone density, range of motion and shoulder strengthening for sports

Favorite Tip/Advice

Life is about living and living is about doing.