

## Some of our trainer's Specialty Personal Training Specialties Include:

### Corrective Exercise\*

Sometimes life throws us a curve and an injury occurs. After being treated by a physician, chiropractor or physical therapist for the injury, what do you do next? Or maybe it's been a while since you've exercised and you are tentative to begin for fear of being reinjured.

### Exercise for Cancer Survivors\*

Studies suggest that cancer survivors who exercise regularly may feel better, have less fatigue, and experience fewer symptoms after treatment, compared to those who do not get regular exercise. This training is led by a LIVESTRONG certified fitness instructor who will give support and instruction to the participant, gearing into their very specific and personal situation. Each session begins with conversation gearing in on how the client is feeling, what challenges they are facing, or some friendly "non-cancer" talk, depending upon the individual's wishes. Utilizing a holistic approach a specialized fitness regime will be developed which may include cardio, strength, flexibility, and mind/body components.

### PWR! Fitness\*

PWR! (Parkinson's Wellness Recovery) got started when Dr. Becky Farley, after years of research saw compelling data that **proved that exercise has serious benefits for people living with Parkinson's disease.**

This will be led by a certified PWR! Fitness instructor who has learned about Parkinson's disease as it relates to exercise and how to modify the instruction/programming to make it PD-specific and optimize the potential for reaching fitness goals and helping to improve overall quality of life.\*

### Brains and Balance\*

No matter how old you are, it's never too soon to be proactive about the aging process. Researchers no longer believe that falling or losing mental capacity are inevitable parts of this process. The evidence shows: 1) That specific balance exercises can reduce the risk of falling and 2) that we should train the brain as we train our skeletal muscles: with progressive resistance, different types of challenges and appropriate overload.

Your certified "Brains and Balance" specialist will create an innovative program targeting your goals. A routine will be developed to strengthen the core and reduce the risk of falling. Along with this you will learn how to "train your brain" utilizing a clever combination of specific activities designed to improve memory, reasoning, conceptualization, language and problem solving skills. Discover how much fun brains and balance training can be!

\*A physician's or physical therapists approval is required before beginning this training

New London Parks & Recreation

# Personal Training

For Adults, Seniors and Youth

We have a wide variety of national certifications and are here to help you with your fitness plan and help you work towards your goals!



[www.newlondonwi.org](http://www.newlondonwi.org)

## What is personal training and how can it benefit you?

- Unlike a group exercise class, personal training helps you to examine your current lifestyle, establish goals, and creates a unique plan to help you achieve those goals.
  - It is more than just “one-on-one” exercise sessions. Goals are constantly evaluated and programs are tweaked to provide an ever-evolving workout that varies, as your body needs change.
  - The focus is on “you”; optimizing workouts in the amount of time that you have available, and creating a plan that you can stick to.
  - A personal trainer can provide encouragement and develop safe strategies to achieve or maintain a healthy weight.
  - You learn proper techniques to exercise safely and effectively.
  - It empowers you to make your fitness routine a part of your lifestyle.
- It is for anyone of any age or fitness level, from the individual who wants to improve flexibility and range-of-motion to the seasoned athlete who wants to improve their current fitness level.

We have two different options for training, personal one-on-one training or train with a buddy and a personal trainer. Both options are offered as one hour sessions, but you are more than welcome to split that into half hour sessions if that fits you and your trainers schedule better.

### Fees are as follows & registration is per hour:

#### Individual Personal Training

##### One-Nine Sessions:

**Residents/Non-Residents**

\$29.75/\$35.25 per hour

##### 10 or more Session:

**Residents/Non-Residents**

\$24.25/\$29.75 per hour

#### Buddy Personal Training

*Cost is per person*

##### One-Nine Sessions:

**Residents/Non-Residents**

\$17.50/\$20.25 per hour/person

##### 10 Sessions:

**Residents/Non-Residents**

\$14.75/\$17.50 per hour/person

### Senior Fees are as follows:

#### Individual Senior Fees

##### One-Nine Sessions:

**Resident/Non-Resident**

\$15.00/\$17.75 per hour

##### 10 or more Sessions:

**Residents/Non-Resident**

\$12.25/ \$15.00per hour

#### Buddy Training Senior Fees

*Cost is per person*

##### One-Nine Sessions:

**Resident/Non-Residents**

\$8.75/\$10.25 per hour

##### 10 or more Sessions:

**Residents/Non-Residents**

\$7.50/\$8.75 per hour

Whether you need specific issues corrected or just want to lose some weight and get into fitness or you are getting bored with your usual workout we can help you out! Our trainers can work one on one with you or we have a special pricing for those who want to work out with a buddy! All of our personal training programs are customized to the goals and individual issues you discuss with our trainer. You may work out in our gyms, the Aquatic and Fitness Center or even at our parks! Perfect for those people that have goals of weight loss or overall improving fitness levels and general health!

### *Our trainers have a wide variety of skills to help you reach your goals!*

**Mary Bohm:** NETA Certified Personal Trainer, AEA Certified Aquatic Fitness Professional, PWR Fitness Trained Professional (Parkinson’s Wellness Recovery), NASM Corrective Exercise Specialist, ACE Health Coach, Knee Injury Prevention Specialist, Sports Nutrition Certificate, LiveStrong Certification, Tai Chi/Qi Gong, PiYo, Pound, and Strong Women Certifications

**Marta Wesenick:** NETA Certified Personal Trainer and Zumba, Barre Connect and TRX Group Certified Fitness instructor.

## How does registration work?

📞 Call the New London Parks and Recreation Office at

(920) 982-8521 😊 Stop by the office at 215 N. Shawano. St.

💻 Online in the membership section of our online registration system at [www.newlondonwi.org](http://www.newlondonwi.org)

When you register you will choose how many hourly sessions you would initially like to do and you will pay for those and we will give the trainer of your choice your contact information and she will set up a time that works best for you to meet for your initial appointment. You will receive a membership card that you will scan each time you meet with your trainer.