

# PERSONAL TRAINING BENEFITS

REACH YOUR HEALTH AND  
WELLNESS GOALS!

OUR MOTIVATING PERSONAL  
TRAINING STAFF CAN HELP  
YOU ACHIEVE RESULTS  
WITH A PROGRAM THAT  
INCORPORATES MIND/BODY  
AWARENESS, AND  
TRAINING TECHNIQUES FOR  
ALL FITNESS LEVELS.

WE'LL HELP YOU BUILD  
CONSISTENCY AND TEACH  
YOU HOW TO WORK  
TOWARDS YOUR GOALS!



## CONTACT US NOW!



(920) 490-3730



[familyfitness@oneidanation.org](mailto:familyfitness@oneidanation.org)



<https://oneida-nasn.gov/divisions/human-services/fitness/>



2640 West Point Road  
Green Bay, WI 54304



# START TRAINING TODAY!

**AT**  
**ONEIDA FAMILY FITNESS**

# WHAT TO EXPECT?

## A program designed for YOU!

Our certified personal trainers work with all fitness levels to help clients maintain or build a healthier lifestyle through physical activity.



Goal Setting



Yoga



Balance & Coordination



Weight Loss



Speed & Agility



Body Training



Customized fitness plans



Cardio



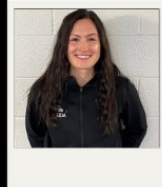
Strength and Muscle



**Ryan Engel**

Phone: (920) 490-3804  
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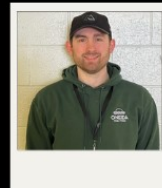
ACSM Certified  
TRIAD Trainer specific



**Taylor Bartz**

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ACSM Certified  
Spin Certified  
Yoga Certified



**Stephen Kintz**

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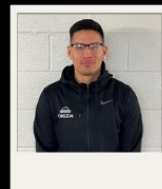
AFAA Certified



**Clay Hill**

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NASM/AFAA Certified



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ISSA Certified  
NETA Certified  
Spin Certified

## MEET THE TRAINERS

# PERSONAL TRAINING FEES

## SINGLE SESSIONS

→ 30 minutes \$20.00

→ 60 minutes \$40.00

## 5 SESSION PACKAGE

→ 30 minutes \$90.00

→ 60 minutes \$180.00

## 10 SESSION PACKAGE

→ 30 minutes \$170.00

→ 60 minutes \$340.00

**ALL PERSONAL TRAINING SESSIONS OR PACKAGES EXPIRE 1 YEAR FROM DATE OF PURCHASE**