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!

ONEIDA
FAMILY FITNESS

CONTACT US NOW!

(920) 490-3730

familyfitness@oneidanation.org

https://oneida-nsn.gov/divisions/human-services/fitness/

2640 West Point Road
Green Bay, WI 54304



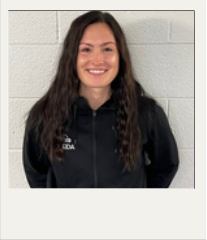
START TRAINING TODAY!

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**



Taylor Bartz
Phone: (920) 490-3804
Email:
tbartz@oneidanation.org

ACSM Certified
Spin Certified
Yoga Certified

Clay Hill
Phone: (920) 490-3852
Email:
chill4@oneidanation.org

ISSA Certified
NASM/AFAA 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