



# MILWAUKEE Y WELLNESS OFFERINGS FREE SERVICES AT SCHLITZ PARK



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## NUTRITIONAL CONSULTATIONS

Meet one-on-one with a registered dietitian and discuss meal planning, food allergies, labels, journaling to lose weight, and more! Nutrition consultation meetings are 15 minutes in length.

## INTRO TO STRENGTH TRAINING

Strength training is an important part of a well-rounded fitness routine. This class is appropriate for all levels of fitness. A regular strength training program can help you reduce body fat and burn calories more efficiently. Learn how strength training can help develop better body mechanics and help protect bone health and muscle mass.

## BLOOD PRESSURE SCREENINGS

High blood pressure can put you at risk for heart disease, stroke, kidney disease, and blindness. Getting your blood pressure checked is a great first step toward better health. No appointment is necessary and screenings will be conducted on a first-come, first-serve basis.

## MEET THE TRAINER

A certified YMCA fitness professional will take you on a guided tour of the fitness center, demonstrate the safe and effective way to use the equipment, and go over building an exercise program that will maximize your fitness goals. Depending on your goals, a fitness center orientation and meeting with our certified trainer may take up to 60 minutes.



Please visit [www.schlitzpark.com/events](http://www.schlitzpark.com/events) for a calendar with times and locations of YMCA wellness offerings held onsite at Schlitz Park .

For more information on Milwaukee Y wellness offerings, please contact Patti Baldwin, Workplace Wellness Program Director at 414-357-2808 or [pbaldwin@ymcamke.org](mailto:pbaldwin@ymcamke.org).



# MILWAUKEE Y WELLNESS OFFERINGS

## FEE-BASED SERVICES AT SCHLITZ PARK



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### WELLNESS CHALLENGES

YMCA wellness challenges offer creative health and fitness activities to help participants reach and exceed their wellness goals. Meet workout buddies, learn different exercise routines and techniques, or take a new class with support from fellow Y members and dedicated fitness center staff. To view our 2016 wellness challenges and challenge descriptions, visit our website at [ymcamke.org](http://ymcamke.org) and check out the Fitness page.

### NUTRITION COUNSELING

Whether you want to fine-tune your food choices, help manage a medical condition, eat better to compete, or get inspiration for new, healthy recipes, the Milwaukee Y's dietician will come right to your office to help you reach your goals. Purchase a single, 50-minute session for \$120 or a three-session package for \$320.

### PERSONAL TRAINING

If you're trying to lose a few pounds, compete in a triathlon, or just get healthier, the Milwaukee Y's nationally certified personal trainers have the knowledge and skills to help you reach your goals. Our personal trainers will tailor a program to your specific needs, wants and goals and provide the coaching and motivation you need to help you succeed. Purchase a one-hour session for \$60 or buy five hours and get the sixth hour free for \$300.

### GROUP EXERCISE

The Y offers a wide variety of group fitness classes for every interest and fitness level. Our experienced instructors will help you have fun and get healthy as you gain strength, endurance, and increased energy. Purchase a 10 class pass for \$60, and an unlimited pass for \$90. Classes include:

- **Yoga** - All body types and skill levels are encouraged to participate in this class. Safe and gentle, yet challenging postures encourage stronger muscles, and relaxation techniques release tension.
- **Y-Triple Threat** - Participants will work through a combination of exercises encompassing cardio, conditioning, and core. This class will use different equipment and provide a great full body challenge that's great for all levels!
- **Y-Core** - This class is designed to engage, build, strengthen, define and tone the muscles of your core. Exercises will focus on all the muscles of the abdominals, lower back and hip flexors.
- **Absolutely** - This class will focus on your abs, glutes, hips & thighs. Enhance core strength, muscular endurance and joint range of motion using a variety of exercises.
- **Y Stretch Flow** - The instructor will help you master the skills of controlled breathing and focus, while leading you through a series of stretches, moves and poses for a holistic workout that brings the body into a state of harmony and balance. Class is suitable for all fitness levels.
- **Y-Blitz** - This class is the ultimate cross training workout challenge, 35 minutes of all out intensity! Each class is different and designed around different equipment and sports-inspired cross training.

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