

# Fitness Confidence Workshop



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Saturday, January 12  
1-3 pm at the Y!**



## Create a workout plan you can stick to this New Year!

Start the New Year off right with a solid workout plan to help you reach your fitness goals! This workshop will be led by a Personal Trainer who will guide you on how to structure your weekly routines, how often you should exercise and more! This opportunity will give you the confidence to plan and execute your fitness routine and see the results you want!

## Workshop Takeaways

- You will receive a Fitness Assessment to determine your fitness levels
- Develop smart goals that adhere to your schedule and following the FITT Principles (Frequency, Intensity, Time, Type)
- Learn about intensity levels
- Determine proper heart rate and rate of perceived exertion exercise zones
- And so much more!

## Please Come Prepared

- Wear workout attire and gym shoes
- We encourage you NOT to exercise the day of or at least prior to the workshop
- Bring a water bottle

## Questions?

Contact **Emily Fischer**  
Fitness Director  
[emily.fischer@glymca.org](mailto:emily.fischer@glymca.org)  
262.248.6211 x17

**Special Member Fee: \$25**

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**Set Goal. Make Plan. Get to Work.  
Stick to It. Reach Goal!**