

Dawn Weinfurtner

B.S and Master of Science
SCW Personal Trainer



PHILOSOPHY

To deliver and execute safe and effective plans that suit not only individual clients' needs, but their style and personality as well.

SPECIALTIES

Core, Strength, Youth Fitness, Zumba for the general population, special needs and active agers.

WHY I AM A PERSONAL TRAINER

I love seeing people realize their potential, experience personal victories and obtain a lifestyle that includes health. and wellness.

Jaime Popenhagen

B.S in Nutrition
ACSM Certified



PHILOSOPHY

Your body can withstand almost anything. It's your mind you have to convince. Don't quit when it hurts, quit when you're done.

SPECIALTIES

HIIT
Weight Loss/Strength
Rehabilitation



WHY I AM A PERSONAL TRAINER

I was a stereotypical mom, overweight, no motivation. I began to run and focus on nutrition. I lost almost 80 pounds and it led me into personal training where I can motivate others to make the life changes they need to keep up with their kids and overall aging.

Patty Kivlin

B.S. in Physical Education
ACE Certified



PHILOSOPHY

Wellness is not weight on the scale. It's so much more such as: increased energy, balance, hydrated skin, greater ease of movement, improved mood and self-esteem, good posture and an openness to try new activities.

SPECIALTIES

Rocksteady Boxing
TRX and Boot camp specialty



WHY I AM A PERSONAL TRAINER

My love of movement and sports has allowed me to motivate newcomers to exercise, as well as refine workout routines for the exercise veteran. I have a genuine interest in a client's "Fitness Story".

Alicia Valleskey

ACSM/NASM Certified
Precision Nutrition Coach



PHILOSOPHY

There is something for everyone but not everything is for everyone. Consistent ACTION over time yields RESULTS.

SPECIALTIES

Movement Strength, Behavior/Habit Changes, Body/Life Transformations, Pre/Post Natal care for moms, triathlon, athletes/runners

WHY I AM A PERSONAL TRAINER

People never believe I was 200 pounds and couldn't run a city block. Now, half marathons are fun. My journey has led me into personal training and helping others accomplish their goals.

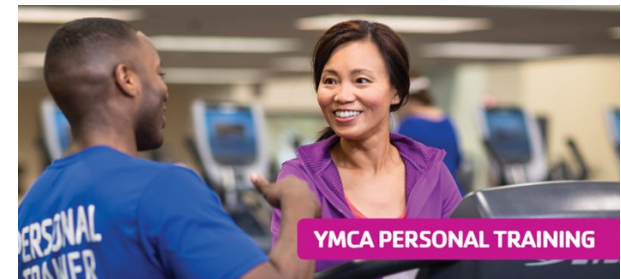


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Personal Training Program at Geneva Lakes Family YMCA

Interested in Personal Training?

Let the Y's team of Personal Trainers use their specialized training and expertise to create a program designed to help you meet your unique fitness goals.



Contact Emily Fischer to set up your training sessions.

GENEVA LAKES FAMILY YMCA
emily.fischer@glymca.org | 262.248.6211
203 S. Wells Street | Lake Geneva, WI 53147
GenevaLakesYMCA.org/personaltraining

Claus Wellhausen

NASM Certified



PHILOSOPHY

Ability is relatively fixed, effort is not. Give it your all and good things will happen.

SPECIALTIES

TRX Training
Boot Camp/Kickboxing
MMA Conditioning

WHY I AM A PERSONAL TRAINER

I enjoy working with people. I enjoy helping clients set goals and then attain them.

Hannah Smage

B.S Kinesiology
ACE Certified



PHILOSOPHY

I believe everyone approaches exercise and health differently and I like to help find what approach works best for each individual. "If you get a chance-take it. If it changes your life-let it."

SPECIALTIES

Bodyweight, Mobility, Balance, Flexibility and Breath



WHY I AM A PERSONAL TRAINER

I did not always have a healthy, fit lifestyle; I went through a very awkward stage in high school. I took a gym class (group exercise, nutrition and personal training) and it motivated me more than ever. I never turned back. It changed my life. Let me help you change yours.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Personal Training Prices & Packages

Individual Packages:

30-Minutes:

3 Sessions: \$120
5 Sessions: \$175
10 Sessions: \$325
20 Sessions: \$620

60 Minutes:

3 Sessions: \$135
5 Sessions: \$200
10 Sessions: \$375
20 Sessions: \$700

Partner Packages:

45 Minutes:

3 Sessions: \$185
5 Sessions: \$275
10 Sessions: \$475
20 Sessions: \$775

60 Minutes

3 Sessions: \$210
5 Sessions: \$300
10 Sessions: \$475
20 Sessions: \$800

**Group Training Packages
for 3-5 participants are available
upon request!**

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Ruth Rorig

Masters in Education
ERYT-500
Holistic and Reiki Trainer



PHILOSOPHY

Health and healing are recognized as a journey that brings balance to the body and mind. Incorporate the whole person in our quest for wellness.

SPECIALTIES

Mind/Body Personal Training
Yoga Restorative for all ages
Ayurveda
Chakra Balancing
Reiki
Mindfulness Stress Reduction



WHY I AM A PERSONAL TRAINER

Working with clients to balance Mind and Body is very rewarding. I see the shift happen as there is an increase of self image, balance, gratitude, joy, mindfulness and awareness. I enjoy working together to reduce stress such as pain, weight gain, depression and anxiety.

Emily Fischer

B.S in Exercise Science and
Nutrition



PHILOSOPHY

Take strides one-step at a time. It will take a variety of exercises and new healthy nutrition habits to truly accomplish our goals and see the results.

SPECIALTIES

Weight Management, High Intensity Training, Core Conditioning and Flexibility

WHY I AM A PERSONAL TRAINER

I love finding ways to make fitness fun for my clients while still helping them achieve their goals. If we are going to make lifelong changes, let's make it enjoyable!