

Donna Albano

ACE Certified
Yoga Alliance 300 Hours RYT, RPYT, RCYT



PHILOSOPHY

Don't use your body, be your body. What you do, eat and think matters!

SPECIALTIES

Athletic Sports/Human Performance/Clinical Disease Prevention and Recovery and Mind and Body Fitness

WHY I AM A PERSONAL TRAINER

I have a passion for learning and helping people meet their fitness dreams. I believe we can make a healthy life through daily exercise and mindfulness.

KJ Kerros

U.S.S.A Certified Personal Trainer
Certified Insanity Coach



PHILOSOPHY

Mind over body. To overcome weakness, train your mind as well as your body and soul. Fitness is more than about "looking good". It's feeling good on both the inside and the outside. Always try. Focus on surpassing your own personal limitations and you will succeed!

SPECIALTIES

Max Interval Training
Dynamic Set Training

WHY I AM A PERSONAL TRAINER

I have a fierce passion for helping and motivating people to not only better themselves, but bring out their best selves. I have lost 65 lbs during my own fitness journey by essentially training myself. Words cannot express how significantly better I feel physically, mentally, and emotionally. Since then, I've been so unbelievably happy. If I can help others to achieve the same thing for themselves by helping them conquer their goals, and live a better, healthier lifestyle..that is truly a consistent blessing.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Training Prices Prices and Packages

Individual

Packages:

30-Minutes

- 1 session: \$50
- 3 Sessions: \$120
- 5 Sessions: \$175
- 10 Sessions: \$325
- 20 Sessions: \$620

60 Minutes

- 1 session: \$100
- 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!

Not sure where to start? Schedule a complimentary 30-minute Fit Start to learn more! To schedule call the YMCA or visit our website!

203 S. Wells Street | Lake Geneva, WI 53147
GenevaLakesYMCA.org/personaltraining



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 personal trainers use their specialized training and expertise to create a program designed to help you meet your unique fitness goals.



Contact the Fitness Director,
Emily Fischer to set up
your training sessions.
emily.fischer@glymca.org |
262.248.6211x17

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, focus on nutrition. I lost almost 80lbs. and it led me into personal training where I can hopefully motivate others to make the life changes they need to keep up w/their kids & overall aging.

Dawn Weinfurter

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.

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 ex, nutrition and PT) and it motivated me more than ever. I never turned back. It changed my life. Let me help you change yours."

Alicia Valleskey

ACSM/NASM Certified
Precision Nutrition Coach
Bachelor of Arts- Physical Edu



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 lead me into personal training and helping others accomplish their goals.

Ruth Rogig

B.S in Education
Registered Yoga Instructor
Reiki Instructor



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, depression, weight gain and anxiety.

Patty Kivlin

B.S. in Physical Education
ACE Certified



PHILOSOPHY

Wellness is not weight on the scale. It's so much more. "increased energy, balance, hydrated skin, greater ease of movement, improved mood and self-esteem, good posture an openness to try new activities-these are just a few of the components of wellness."

SPECIALTIES

Rocksteady Boxing

TRX and Boot Camp

TRX certified

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".

Claus Wellhausen

NASM Certified



PHILOSOPHY

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

SPECIALTIES

TRX Training and Boot Camp

MMA Conditioning and Kickboxing

WHY I AM A PERSONAL TRAINER

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



Our trainers specialize in:
Weight-loss | Youth Conditioning | Yoga/
Flexibility/Balance | Body building/Strength
Training/HIIT/Plyometrics | Endurance Training
| Sport Conditioning/Agility & more!