

Personal Training

Whether you need specific issues corrected or just want to lose some weight and get into fitness or you are getting bored with your usual workout we can help you out! Our trainers can work one on one with you or we have a special pricing for those who want to work out with a buddy! All of our personal training programs are customized to the goals and individual issues you discuss with our trainer. You may work out in our gyms, the Aquatic and Fitness Center or even at our parks! Perfect for those people that have goals of weight loss or overall improving fitness levels and general health!

What is personal training and how can it benefit you?

- Unlike a group exercise class, personal training helps you to examine your current lifestyle, establish goals, and creates a unique plan to help you achieve those goals.
- It is more than just “one-on-one” exercise sessions. Goals are constantly evaluated and programs are tweaked to provide an ever-evolving workout that varies, as your body needs change.
- The focus is on “you”; optimizing workouts in the amount of time that you have available, and creating a plan that you can stick to.
- A personal trainer can provide encouragement and develop safe strategies to achieve or maintain a healthy weight.
- You learn proper techniques to exercise safely and effectively.
- It empowers you to make your fitness routine a part of your lifestyle.

It is for anyone of any age or fitness level, from the individual who wants to improve flexibility and range-of-motion to the seasoned athlete.

Specialty Personal Training

In addition to Personal Training and Buddy Training, the New London Parks and Recreation Department is pleased to offer the following specialized trainings to better serve the needs of the community. Any of these trainings can be provided either individually or through the Buddy Training system fees.

Corrective Exercise

Sometimes life throws us a curve and an injury occurs. After being treated by a physician, chiropractor or physical therapist for the injury, what do you do next? Or maybe it's been a while since you've exercised and you are tentative to begin for fear of being injured.

In either case, or for a variety of other reasons, Corrective Exercise may be for you.

A NASM Certified Corrective Exercise Specialist will utilize proven techniques to develop an injury prevention program so that you can be more successful in achieving your health and fitness goals. Through the result-oriented protocols of NASM, a workout routine will be developed specifically for your requirements. Results may include: improvement of posture and flexibility, increased strength, and overall wellness while reducing the risk of nagging injuries.

Exercise for Cancer Survivors*

Studies suggest that cancer survivors who exercise regularly may feel better, have less fatigue, and experience fewer symptoms after treatment, compared to those who do not get regular exercise.

Though this is not a LIVESTRONG program, it will be led by a LIVESTRONG certified fitness instructor who will give support and instruction to the participant, gearing into their very specific and personal situation. Each session begins with conversation gearing in on how the client is feeling, what challenges they are facing, or some friendly “non-cancer” talk, depending upon the individual's wishes. Utilizing a holistic approach a specialized fitness regime will be developed which may include cardio, strength, flexibility, and mind/body components. (*A physician's approval is required before beginning this training)

PWR! Fitness*

pwr! (Parkinson's Wellness Recovery) got started when [Dr. Becky Farley](#), after years of research saw compelling data that **proved that exercise has serious benefits for people living with Parkinson's disease.**

This will be led by a certified pwr! Fitness instructor who has learned about Parkinson's disease as it relates to exercise and how to modify the instruction/programming to make it PD-specific and optimize the potential for reaching fitness goals and helping to improve overall quality of life.*

(*A physician's approval is required before beginning this training)

Brains and Balance

No matter how old you are, it's never too soon to be proactive about the aging process. Researchers no longer believe that falling or losing mental capacity are inevitable parts of this process. The evidence shows: 1) That specific balance exercises can reduce the risk of falling and 2) that we should train the brain as we train our skeletal muscles: with progressive resistance, different types of challenges and appropriate overload.

Your certified "Brains and Balance" specialist will create an innovative program targeting your goals. A routine will be developed to strengthen the core and reduce the risk of falling. Along with this you will learn how to "train your brain" utilizing a clever combination of specific activities designed to improve memory, reasoning, conceptualization, language and problem solving skills. Discover how much fun brains and balance training can be!

TRX® Suspension Training

TRX® Suspension Training is an all-levels functional training program that uses the TRX Suspension Trainer as a method of functional training that develops strength, balance, flexibility and core stability simultaneously. If you are looking to enhance your strength, stability, balance, and endurance this class is for you.

Created by Randy Hetrick, CEO of Fitness Anywhere and former Navy SEAL, the TRX was an invention of necessity for Hetrick and his SEAL teammates to maintain peak physical readiness while deployed in the field.

Call or stop by our office today to set up your first session with one of our personal trainers:

Mary Bohm: NETA Certified Personal Trainer, AEA Certified Aquatic Fitness Professional, PWR Fitness Trained Professional (Parkinson's Wellness Recovery), NASM Corrective Exercise Specialist, ACE Health Coach, Knee Injury Prevention Specialist, Sports Nutrition Certificate, LiveStrong Certification, Tai Chi/Qi Gong, Piyo, Pound, and Strong Women Certifications

Marta Wesenick: NETA Certified Personal Trainer and Zumba, Barre Connect and TRX Group Certified Fitness instructor.

DATES/TIMES: Sessions will be set up between you and your trainer for whatever day and time works for your busy schedule.

LOCATION: This will be based upon your goals, may include Washington Center Gym, Aquatic and Fitness Center, etc.

REGISTRATION: Call the New London Parks and Recreation Office at (920) 982-8521. You will be put in contact with your trainer and you will fill out the attached form together depending on the dates and times that work best for both of your schedules.

Fees are as follows:

Individual Personal Training

One-Nine Sessions:

Residents \$27.00/Hourly Session

Non-Residents \$32.00/Hourly Session

10 or more Session:

Residents \$22.00/Hourly Session

Non-Residents \$27.00/Hourly Session

Buddy Personal Training

Cost is Per Person

One-Nine Sessions:

Residents \$16.00/Hourly Session

Non-Residents \$18.50/Hourly Session

10 Sessions:

Residents \$13.50/Hourly Session

Non-Residents \$16.00/Hourly Session