



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**Lisa
Christensen**
Personal Trainer
ACE



PHILOSOPHY

It's never too early or too late to take action to improve your health and achieve your fitness goals.



EDUCATION/CERTIFICATIONS

- ACE Certified Personal Trainer
- USA Triathlon Certified Coach
- US Master's Swimming certified coach



SPECIALTIES

- Triathletes, cyclists, runners
- Functional fitness
- Small group training
- Core strength, balance and mobility
- Cardio endurance



DEMOGRAPHIC

Any individual regardless of age and fitness level who is ready to make a positive change in their health and well-being.



A LITTLE ABOUT ME

I've been an athlete all of my life and I have a passion for health and fitness. I've competed in dozens of triathlons including multiple Half IRONMANs and full IRONMANs. I also enjoy downhill skiing, golfing, and volunteering at the humane society. As a wife and a mother of twins I can appreciate how difficult it can be to fit exercise into a busy lifestyle. Taking time for oneself may seem impossible however, your health shouldn't be an afterthought.

Personal Training Fees

ONE 55-MIN TRAINING SESSION

\$45/session

SIX 55-MIN TRAINING SESSION

\$250/session

TEN 55-MIN TRAINING SESSION

\$390/session

TWENTY 55-MIN TRAINING SESSION

\$700/session

PACKAGE OPTIONS FOR MEMBERS ONLY:

PERSONAL TRAINING STARTER PACKAGE:

Package includes comprehensive fitness evaluation, 1 nutrition consultation, and 2 x 30-min PT sessions tailored to your goals and evaluation results.

FEE \$125

PT-30:

To help manage your busy life effectively and efficiently, we offer 30-min sessions.

One package option available: 10 x 30-minute sessions

FEE \$205

YMCA AT PABST FARMS

1750 E. Valley Road, Oconomowoc, WI 53066

262-567-7251 WWW.YMCAATPABSTFARMS.ORG

_____ has an appointment on

☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri ☐ Sat ☐ Sun

_____ Date

_____ Time

am
pm

If unable to keep your appointment,
kindly give us 24 hours notice