



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Beth Heidvogel

Personal Trainer



PHILOSOPHY

True strength starts in the nervous system. When your body feels safe and regulated, your movement, power, and progress can truly thrive.



EDUCATION/CERTIFICATIONS

- BirthFit certified Coach/Leader
- Neuro-Linguistic Programming and Life Coach certified
- Girls On The Run certified Coach
- B.A. Psychology/Communications



SPECIALTIES

- Strength and conditioning for pre-conception, pregnancy, postpartum and motherhood.



DEMOGRAPHIC

Women in any stage of the motherhood journey.



A LITTLE ABOUT ME

I'm married, and together we have seven kids and eight wonderful grandkids who keep life full and joyful. I love being active outdoors with friends, especially when we're running or cycling together—it's my favorite way to stay energized and connected. I also cherish gathering my family for Sunday dinners, creating space for good food, laughter, and time together.

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