

DEVELOP SAFE AND EFFECTIVE EXERCISES



ANTE/POSTNATAL TRAINING EAU CLAIRE SOUTH YMCA

As a certified personal trainer specializing in Ante and Post-Natal clients, Haili Carlson designs safe and effective fitness programs tailored to the unique needs of women during and after pregnancy. She focuses on addressing specific concerns like posture, pelvic health, and core stability through the promotion of exercise. By providing personalized guidance, she helps clients navigate their fitness journey with confidence, supporting them through every stage of pregnancy, and postpartum recovery.

30-Minute Private

By working with a trainer, you will receive instruction and encouragement to push yourself further than you can imagine. You will get more than just a challenging workout; you'll be taught how to exercise effectively and safely to achieve your goals, rehabilitate injuries and become a new you!

- 20 sessions: \$453
- 12 sessions: \$297
- 6 sessions: \$167
- 3 sessions: \$87
- 1 session: \$35

60-Minute Private

- 20 sessions: \$742
- 12 sessions: \$470
- 6 sessions: \$247
- 3 sessions: \$130
- 1 session: \$48



**Trainer:
Haili Carlson**

30-Minute Partner

For couples, friends, or those with similar training goals, we offer 2:1 training or partner training as a way of saving money, getting additional motivation from your workout partner, and allowing trainers to challenge you both.

- 6 sessions: \$135
- 12 sessions: \$240
- 20 sessions: \$360

60-Minute Partner

- 6 sessions: \$192
- 12 sessions: \$360
- 20 sessions: \$560

- All session pricing is PER PERSON
- All private, partner, and small group personal training sessions are available to current YMCA Members.
- Ignite packages are available to Non-Members.
- Private and partner packages expire 6 months after purchase.



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PERSONALTRAINING**