

Meet Our Trainers

Luke Frievalt ACE CPT, GFI

I have been a certified ACE fitness personal trainer since 2019. Health and fitness became a passion of mine since the first time I walked into the CYCC. I loved the fun and uplifting atmosphere, and I knew this place and line of work was for me. I specialize in strength training and group fitness. One of the most important things I have learned since I started my fitness journey is: it doesn't come easy and it doesn't happen overnight. But, with a little help and consistency anyone can better themselves and get into the shape they have always wanted to be in.

Maddison Renikow CHWC, CPT, ACE GFI

As your health coach/personal trainer, I will help you discover and reach your health and wellness goals. I recognize that you are unique, so my recommendations and exercise plans are personalized specifically for you! I will assist you to reach your goals by increasing your motivation, building on your strengths, and empowering you. My goal is to help you create a meaningful, long-lasting, positive change.

Contact Us

Crivitz Youth Inc. Community Center

901 Henriette Ave Crivitz, WI

(715) 854-3109

cyccpersonaltraining
@crivitzyouthinc.com

Facility Hours:

Monday-Thursday 5AM-8:30PM

Friday 5AM-7PM

Saturday & Sunday 6AM-2PM

Personal Training



We are committed to motivating, educating, and supporting our clients. We create unique and specific programs that will assist clients to reach their fitness goals.



Why do I need a personal trainer?

Personal trainers create a custom workout plan for each individual they work with. This plan is unique to each client's wants and needs. Personal trainers also assist in motivating, educating, and holding the client accountable.

Here are some common fitness goals to work on with a personal trainer:

- Flexibility
- Balance
- Weight loss
- Increased strength/muscle tone
- Sport-specific training
- Functional training
- Post-rehabilitation
- Post hip and knee replacement
- Race (5k, marathon) training
- Specialized fitness needs

And more!

Personal Training FAQs

Are your trainers certified? Yes, our trainers are certified through a nationally accredited organization or have earned a degree in an exercise related field of study.

How often should I meet my trainer? The answer to this question will vary, depending on your unique goals. Once you have met with your trainer, they will discuss our goals and help you establish a realistic time frame.



Rates

1 Hr Personal Training (individual)		
# of sessions	Members	Nonmembers
1 session	\$25	\$40
6 sessions	\$140	\$230
12 sessions	\$270	\$420
30 Min Personal Training (individual)		
# of sessions	Members	Nonmembers
1 session	\$15	\$25
6 sessions	\$85	\$140
12 sessions	\$162	\$285
1 Hr Group Training (2-4 people, \$/each)		
# of sessions	Members	Nonmembers
1 session	\$15	\$25
6 sessions	\$85	\$140
12 sessions	\$162	\$270
30 Min Group Training (2-4 people, \$/each)		
# of sessions	Members	Nonmembers
1 session	\$10	\$20
6 sessions	\$55	\$110
12 sessions	\$100	\$200