

About us...

The Crivitz Youth Inc. Community Center (CYCC) is a 30,000-square-foot, state-of-the-art facility featuring something for everyone in the family to enjoy.

The healthy living facility includes an 8,000-square-foot full court gym with bleachers, scoreboards, volleyball nets, and 6 basketball hoops; a saltwater based pool; an 8-foot vertical climbing wall; a 1,700-square-foot multi-purpose/fitness classroom; women's & men's locker rooms; and a family locker room.

Additionally, the upper floor of the facility boasts a 10,000-square-foot wellness center* that features cardio machines, selectorized strength equipment and free weights, plus an elevated 4-lane running/walking track.

*Must be 12 years of age or older to use the Wellness Center.

CYCC also offers a number of special programs and activities for families to enjoy at the center.

Hours of Operation

Monday-Thursday 5:00am-8:30pm

Friday 5:00am-7:00pm

Saturday & Sunday 6:00am-2:00pm

Contact us

901 Henriette Ave.

PO Box 188

Crivitz, WI 54114

Phone: (715) 854-3109

Fax: (715) 854-7929

cycdirector@crivitzyouthinc.com

www.crivitzyouth.com

Youth & Young Adult Guide



Providing quality, affordable activities & services that will contribute to the physical, mental, emotional, & social well-being of the community.

Family—Wellness—Community

Amenities

Superior customer service provided by courteous and encouraging staff.

Full-court gymnasium with basketballs, volleyballs, footballs, and other games.

Wellness Center* with a wide variety of cardio and strength equipment.

4-lane indoor walking/running Mondo® Rubber Surface Track for a fitness experience that is easy on your joints!

Shallow (3'6"-4'9") swimming pool** with aquatic workout equipment, chair lift, and jets.

Women's, men's and family locker rooms with private showers, free day use lockers, and locks available to rent.

Handicap accessibility with front entrance ramp, elevator, showers, lockers, and swimming pool lift.

*Otherwise, youth must be 12 years of age or older to use Wellness Center without a parent/guardian.

**Youth younger than 12 years old must be with a parent/guardian while using the pool.



Youth Wellness Orientation

Youth 11 years of age may take our free Youth Wellness Orientation. Pending the successful completion of the Youth Wellness Orientation, the 11 year old would be able to use the Wellness Center without a parent/guardian.



Scan our QR Code below!

This QR Code will take you to our page where you can:

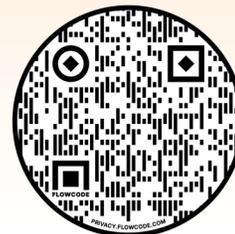
View our pool, group fitness and other schedules...

Be directed to our Facebook, Instagram, Snapchat and other social media pages...

Stay up-to-date with events, policies, and other new things happening at the CYCC...

And more!

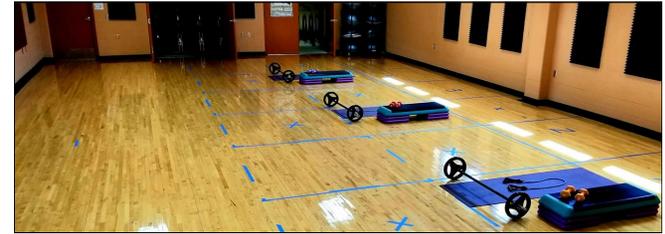
1. Open the camera app on your smart phone/device
2. Aim camera at the QR Code
3. Tap the notification at the top of your screen!



Services

Group exercise classes taught by certified instructors! (Including Teen Yoga, and Kids Yoga.)

Personal Training done by qualified trainers.



Other group programs such as:

Martial Arts

Youth Sports Clinics (basketball, baseball, volleyball, and more)



	Daily	Weekly	Monthly	Yearly
Youth (0-18)	\$2	\$9	\$15	\$165
Young Adult (19-22)	\$3	\$10	\$25	\$275

Our Story...

Thanks to the Nancy Buck Ransom Foundation, the Crivitz area now has a place where families can explore the importance of developing a healthy lifestyle and focus on personal health & wellness.

The Crivitz Youth Inc. Community Center (CYCC) is a 30,000-square-foot, state-of-the-art facility featuring something for everyone in the family to enjoy. The healthy living facility includes an 8,000-square-foot full court gym with bleachers, scoreboards, volleyball nets, and 6 basketball hoops; a saltwater based pool; an 8-foot vertical climbing wall; a 1,700-square-foot multi-purpose/fitness class room; women's & men's locker rooms; and a family locker room.

Additionally, the upper floor of the facility (we also have an elevator) boasts a 10,000-square-foot wellness center that features cardio machines, selectorized strength equipment and free weights, plus an elevated 4-lane running/walking track.

CYCC also offers a number of special programs and activities for everyone to enjoy at the center.

Hours of Operation

Monday-Thursday 5:00am-8:30pm

Friday 5:00am-7:00pm

Saturday & Sunday 6:00am-2:00pm

Contact us

901 Henriette Ave.

PO Box 188

Crivitz, WI 54114

Phone: (715) 854-3109

Fax: (715) 854-7929

cycdirector@crivitzyouthinc.com

www.crivitzyouth.com

Adult Guide



Providing quality, affordable activities & services that will contribute to the physical, mental, emotional, & social well-being of the community.

Family—Wellness—Community

Amenities

Superior customer service provided by courteous and encouraging staff.

Full-court gymnasium with basketballs, volleyballs, and other games

Wellness Center with a wide variety of cardio and strength equipment. As well as free day use lockers.

4-lane indoor walking/running Mondo® Rubber Surface Track for a fitness experience that is easy on your joints!

Shallow (3'6"-4'9") swimming pool with aquatic workout equipment, chair lift, and jets.

Women's, men's and family locker rooms with private showers, free day use lockers, and locks available to rent.

Kid Zone* Horizontal Rock Climbing Wall.

Handicap accessibility.



Scan our QR Code below!

This will take you to our page where you can:

View our pool, group fitness and other schedules...

Be directed to our Facebook, Instagram, Snapchat and other social media pages...

Stay up-to-date with events, policies, and other new things happening at the CYCC... And more!



1. Open the camera app on your smart phone/device
2. Aim camera at the QR Code
3. Tap the notification at the top of your screen!



There are rental options for our gym, multipurpose room, and pool. This is a popular option for birthday parties, meetings, and more!

Services

Group exercise classes taught by qualified instructors to assist members, and guests, on their journey to physical well-being.

Personal Training Services

*Kid Zone: offers fun, supervised activities for kids ages 4-9 so that adults can engage elsewhere in the center.

Youth Sports Clinics: basketball, baseball, volleyball, etc.

Community Events.



	Processing Fee	Daily Rate	Weekly Rate	Monthly Rate	Yearly Rate
Adult (23-64)	\$10	\$7	\$20	\$40	\$440
Family	\$15	\$12	\$29	\$55	\$605

Our Story...

Thanks to the Nancy Buck Ransom Foundation, the Crivitz area now has a place where families can explore the importance of developing a healthy lifestyle and focus on personal health & wellness.

The Crivitz Youth Inc. Community Center (CYCC) is a 30,000-square-foot, state-of-the-art facility featuring something for everyone in the family to enjoy. The healthy living facility includes an 8,000-square-foot full court gym with bleachers, scoreboards, volleyball nets, and 6 basketball hoops; a saltwater based pool; an 8-foot vertical climbing wall; a 1,700-square-foot multi-purpose/fitness class room; women's & men's locker rooms; and a family locker room.

Additionally, the upper floor of the facility (we also have an elevator) boasts a 10,000-square-foot wellness center that features cardio machines, selectorized strength equipment and free weights, plus an elevated 4-lane running/walking track.

CYCC also offers a number of special programs and activities for everyone to enjoy at the center.

Hours of Operation

Monday-Thursday 5:00am-8:30pm

Friday 5:00am-7:00pm

Saturday & Sunday 6:00am-2:00pm

Contact us

901 Henriette Ave.

PO Box 188

Crivitz, WI 54114

Phone: (715) 854-3109

Fax: (715) 854-7929

cycdirector@crivitzyouthinc.com

www.crivitzyouth.com

Senior Guide



Providing quality, affordable activities & services that will contribute to the physical, mental, emotional, & social well-being of the community.

Family—Wellness—Community

Amenities

Superior customer service provided by courteous and encouraging staff.

Full-court gymnasium with basketballs, volleyballs, and other games

Wellness Center with a wide variety of cardio and strength equipment.

This includes 3 “Sci-Fit” machines that are knee/back pain friendly.

4-lane indoor walking/running Mondo® Rubber Surface Track for a fitness experience that is easy on your joints!

Shallow (3’6”-4’9”) swimming pool with aquatic workout equipment, chair lift, and jets.

Women’s, men’s and family locker rooms with private showers, free day use lockers, and locks available to rent.

Handicap accessibility with front entrance ramp, elevator, showers, lockers, and swimming pool lift.

We accept insurance based incentive programs!



Just bring your insurance card with you to the CYCC Front Desk and we will assist you in getting your free membership!



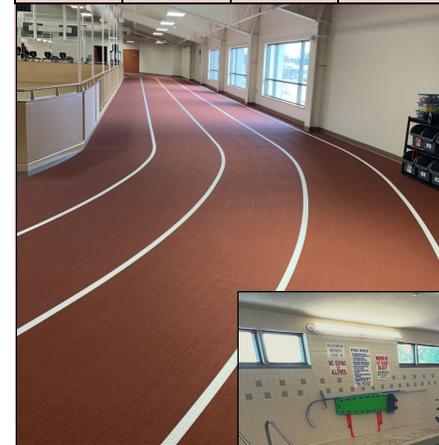
Services

Group exercise classes taught by qualified instructors to assist members, and guests, on their journey to physical well-being.

Personal Training Services

Rates:

	Pro-cessing Fee	Daily Rate	Weekly Rate	Monthly Rate	Yearly Rate
Senior (65+)	\$10	\$6	\$17	\$35	\$385
Senior Family	\$15	\$10	\$27	\$50	\$550



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.

Aaron Tormey ACE CPT

Hi, my name is Aaron. I am an ACE Certified Personal Trainer. I got into fitness because I like the physical and mental benefits of it. I also enjoy the positive people and environments that come with fitness. My goal as your trainer is to bring out the best of my clients, and to help them reach their full

Maddison Renikow CHWC, CPT, ACE GFI

As your 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

cycppersonaltraining@crivitzyouthinc.com

Facility Hours:

Monday-Thursday 5AM-8:30PM

Friday 5AM-7PM

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



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	\$30	\$45
6 sessions	\$171	\$256
12 sessions	\$324	\$486
30 Min Personal Training (individual)		
# of sessions	Members	Nonmembers
1 session	\$20	\$30
6 sessions	\$114	\$171
12 sessions	\$216	\$324
1 Hr Group Training (2-4 people, \$/each)		
# of sessions	Members	Nonmembers
1 session	\$20	\$30
6 sessions	\$114	\$171
12 sessions	\$216	\$324
30 Min Group Training (2-4 people, \$/each)		
# of sessions	Members	Nonmembers
1 session	\$15	\$25
6 sessions	\$85	\$142
12 sessions	\$162	\$270