

ABOUT US

Facility

The VMH Wellness Center is a 20,000 square foot facility located at 1130 Nelson Parkway in Viroqua. It is a newly renovated facility that includes on-site parking, workout tracking software, CrossFit Viroqua, Massage Therapy, Nutrition Coaching and many other assets for community members to improve their health and wellness

Staff

Our staff have a broad range of health and wellness certifications including personal training and community health. The Wellness Center is home to Personal Trainers, Registered Dietitians, Massage Therapists and CrossFit Coaches. The staff is filled with health and fitness knowledge and is excited to share it with our members to help them reach their personal best.

Equipment

Our facility includes a variety of cardiovascular and strength training equipment. Free weights, weight racks, stairmasters, rowing machines, ellipticals, treadmills, climbing ropes and cable pulley machines are all available for members to use.

CrossFit

CrossFit is constantly varied functional movements performed at high intensity. Classes utilize different kinds of workouts to challenge members each day.

Group Classes

The VMH Wellness Center offers a broad range of group exercise classes that cater to all needs and skill levels. Classes include yoga, spin, strength training, boot camp, TRX Suspension and many more.

VMH WELLNESS CENTER

📍 1130 Nelson Parkway
Viroqua, WI, 54665

☎ 608-638-2348 (BFIT)

✉ vmhwellnesscenter@vmh.org

🌐 www.vmh.org

👍 **LIKE US ON FACEBOOK!**

📌 www.facebook.com/VMHWellnessCenter

PERSONAL TRAINING

See the results, feel the difference



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WHY USE A PERSONAL TRAINER?

A PERSONALIZED WORKOUT

Personal trainers have access to a private training studio which ensures the focus is on you and your workout. Each workout is planned around what you want to achieve. Personal trainers know what accommodations need to be made for the program to fit you.

INSTRUCTION AND KNOWLEDGE

A Personal Trainer ensures clients are performing exercises with correct form. Teaching the proper way to perform each exercise during the workout is important, it minimizes the risk of injury and maximizes the effort given during the exercise.

ACCOUNTABILITY

We all want to hit the snooze button on our alarms, and a commitment to exercise without help can be challenging. Trainers ensure that you commit and stick to your goals. If you've made an appointment for a session you are more likely to go than if you just tell yourself to go to the gym.

EFFICIENCY

Time is often a concern for people beginning an exercise program or for anyone with a busy schedule. When working with a trainer you're guaranteeing the time spent is focused and not wasted.

MEET OUR TRAINERS



JORDAN GREENLAND

Attended the University of Wisconsin-La Crosse and majored in Exercise Science. NSCA Certified Personal Trainer, USA Weightlifting Sports Performance Coach, CPR/AED Certified



MAKENZIE DRAKE

Attended the University of Wisconsin-La Crosse and majored in Exercise Science. NSCA Certified Personal Trainer.



EVAN EWING

Attended the University of Wisconsin-Platteville and majored in Health and Human Performance. ISSA Certified Personal Trainer. ACE Certified Health Coach.

PRICING

30 MINUTES

Single \$25.00

Rate per session: \$25

Package of 10 \$200.00

Rate per session: \$20

Package of 20 \$400.00

Rate per session: \$20

Package of 30 \$525.00

Rate per session: \$17.50

Package of 40 \$600.00

Rate per session: \$15

60 MINUTES

Single \$45.00

Rate per session: \$45

Package of 10 \$350.00

Rate per session: \$35

Package of 20 \$700.00

Rate per session: \$35

Package of 30 \$900.00

Rate per session: \$30

Package of 40 \$1,000.00

Rate per session: \$25

Want to train with a small group? Ask about our small group rates and pay less per session!