

Alloy FAQ's

Do I have to participate in a Healthy Living Appointment?

YES! The Healthy Living Appointment is crucial to conduct prior to any workout regimen you may be pursuing. Your doctor wouldn't prescribe a treatment without knowing your current condition and health history first and neither would a good personal trainer! Our science based programs can't be implemented correctly without knowing where to start. The reason we get the best results is that we know exactly what the safest and most effective course of action is from what we learn about you during your Healthy Living Appointment.

How long will it take?

The Healthy Living Appointment takes approximately an hour. We start by sitting down and talking about your goals and reviewing your health history. Then we do a quick Functional Movement Screen, which shows us which exercises will work best for your current fitness level and goals. Next we take you through a short workout based on all the information we have gathered. At the end we sit down and discuss what we have learned to determine the best way for you to reach your goals!

What is the Functional Movement Screening?

The Functional Movement Screening (FMS) is part of a very important hour you will spend with us! We will test your strength, flexibility and get some baseline measurements before we begin. This process allows us to design a program specifically for you. The FMS is included in your Healthy Living Appointment, available at no charge for all our members and participants.

What should I wear/bring?

Please wear clothing that you are comfortable working out in and water. Your assessment will conclude with a 10-15-minute mini workout.

Where do I go for my Healthy Living Appointment?

- West Washington Branch- check in at the welcome desk, head down the lobby stairs, turn right into the Wellness Center, head down the stairs and the Personal Training Office will be on your right.
- River Shores- check in at the welcome desk; the welcome desk staff will let the lead trainer know you are ready for your Healthy Living Appointment.
- Feith Family- check in at the welcome desk, turn right down the main hall, head up the stair on the right at the end of the hall. Walk into the Wellness Center, you will see the welcome desk as you walk in.

How early should I arrive?

Please allow enough time to change into your workout attire and arrive at the designated meeting place (stated in the previous question) approximately 5 minutes before your scheduled appointment.

What do I do if I need to reschedule my appointment?

Contact the welcome desk at the branch you scheduled your Healthy Living Appointment. You can either call or stop by in person. The welcome desk will be able to cancel your scheduled appointment and help you reschedule.

What is the 30-Day Experience?

Personal training is the most effective means of setting and reaching your fitness goals. We understand many people have never tried personal training and it's hard to commit to something you're not familiar with. The 30 - Day Personal Training Experience lets you try our training programs at a greatly reduced price before making a commitment. We want you to love it and see results before you make the commitment. Even if you decide after the 30 Days that training is not for you, the knowledge you will gain in the 30 Days will be invaluable to you as you move forward towards reaching your goals.

The 30-Day Experience includes one month of unlimited team training, and access to a small group training session one time per week. All individuals who participate in the 30-Day Experience will need to complete a healthy living appointment with our fitness coordinator or lead trainers and register in MINDBODY prior to attending any team training or small group training session.

- Y Members- \$49/month
- Community Participants- \$89/month with an individual Y membership included
 - If Community Participants wish to continue the Alloy program, they will need to purchase a YMCA membership

Can I use other locations?

YES! You may schedule to attend Alloy classes at any of the three Kettle Moraine YMCA branches. You can sign up for any of the Y branches through the MINDBODY App or at the front desks.

- Kettle Moraine YMCA – West Washington Branch (1111 W Washington St. West Bend, WI 53095)
- Kettle Moraine YMCA – Feith Family Ozaukee Branch (465 Northwoods Rd, Port Washington, WI 53074)
- Kettle Moraine YMCA- River Shores Branch (705 Village Green Way, West Bend WI 53090)