



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PERSONAL TRAINING

January 2012 Special

2 sessions for \$90.00

Package Rates for YMCA Members Only

2 Sessions \$110

3 Sessions \$165

5 Sessions \$275

Partner Rates for YMCA Members Only

\$40 each person per hour.

Both participants must register and train at the same time to receive the partner rate.

Benefits to Personal Training

- Help you safely begin and maintain an effective fitness program.
- Develop an fitness program specifically designed according to your personal health history, needs, limitations, and goals.
- Provide motivation, encouragement and accountability to your fitness program.
- Serve as a resource for objective and accurate health and fitness information.
- Help you fit exercise into your busy schedule to make the most efficient use of your time.

Call to schedule your appointment with Kim, Larry, Ben, Ryan, Joey, Kelly, or Jenny.