



# ACHIEVE YOUR FITNESS GOALS

## PERSONAL TRAINING

### EXPERIENCE THE BENEFITS OF WORKING 1:1 WITH A TRAINER

- Personalized workouts
- Motivating relationships
- Personal accountability
- Track and respond to your progress

Fit Start (2 sessions)	YMCA Member \$70 / Non Member \$140
Get Fit (5 sessions)	YMCA Member \$175 / Non Member \$350
Stay Fit (10 sessions)	YMCA Member \$350 / Non Member \$700
Buddy Fit (10 sessions)	YMCA Member \$500 / Non Member \$1000

\*Sessions are 60 minutes in length\*

Work with one of our certified Personal Trainers to help motivate and challenge you to reach your fitness goals!

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937-303-9285 \* [www.unioncountyyymca.org](http://www.unioncountyyymca.org)

