



GAIN CONFIDENCE. GET RESULTS. 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 Members \$85 / Non Members \$155
Get Fit (5 sessions)	YMCA Members \$190 / Non Members \$365
Stay Fit (10 sessions)	YMCA Members \$365 / Non Members \$715
Buddy Fit (10 sessions)	YMCA Members \$515 / Non Members \$1015

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!

Union County Family YMCA * 1150 Charles Lane * Marysville, Ohio 43040
937-303-9285 * www.unioncountyyymca.org

