



WORKING TOGETHER TO HELP YOU LIVE BETTER.

HYBRID PERSONAL TRAINING

Hybrid Personal Training is a combination of in-person and online training sessions. It provides a flexible training plan that can be tailored to each client's needs and schedule.

Fit Start 2.0 (14 planned sessions)

- 2 in person sessions
- Online programming for 3 to 4 days/weeks
- This is for 1 month of training and in person sessions should be used within 4 weeks.

YMCA Members \$200 / Non Members \$300

Keep Your Fit 2.0 (32 planned sessions)

- 6 in person sessions
- Online programming for 3 to 4 days/weeks
- This is for 3 months of training and in person sessions should be used within 90 days.

YMCA Members \$500 / Non Members \$600

Get Fit 2.0 (28 planned sessions)

- 4 in person sessions
- Online programming for 3 to 4 days/weeks
- This is for 2 months of training and in person sessions should be used within 8 weeks.

YMCA Members \$300 / Non Members \$400



Contact Lori at LRogers@unioncountymca.org for more information.

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