

## WHAT WILL PERSONAL TRAINING DO FOR YOU?

- Have you been exercising regularly but not seeing the results you want?
- Are you bored with your workout routine and need some new ideas?
- Is your motivation lacking?
- Would you benefit from a new challenge, accountability and support?

If you answered yes to any of these questions, a personal trainer can help you get on track with your workouts.



**Make an appointment now for your orientation meeting**



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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GET STRONG GET FIT GET HEALTHY



## Y PERSONAL TRAINING

**Make an investment in your personal health and wellness.**

## The details...

All personal training sessions are customized for the individual and include cardio, strength training, flexibility, training and nutritional advice.



Adult Y members receive one free personal training session. Prior to any personal training, an orientation meeting must take place with the trainer. Please stop by the front desk to make arrangements for your orientation.



## Individual and Package Pricing

**\$25 for one 30-minute session**

**\$35 for one 60-minute session**

**\$145 for ten 30-minute sessions**

**\$165 for ten 30-minute sessions**

**PLUS 3 months of Easyclubfit**

### **Additional pricing information:**

Ultrasound body fat testing: \$10

Non-Y members pre-training orientation \$15

Non-Y members punch card for facility use during personal training:

\$45 for 13 punch card

\$75 for 26 punch card

**Personal training provides results. Step out of your regular workout routine and step up to a new level of fitness and health.**

### **Our Y Personal Trainer:**

Wendy Fonseca, ACE C.P.T., S.N.C.

