



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Sign up
TODAY
at the front
desk.

CELEBRATE A NEW YOU

JAN 29-APR 21 | 12-WEEK CHALLENGE

Choose from 2 Options

OPTION 1: GROUP TRAINING / \$234 MEMBER

FEATURES:

- 3 sessions per week with a YMCA Personal trainer
- 3 new InBody scans to assess your needs, set goals & track results
- Weekly nutrition coaching
- Special events and team competitions

OPTION 2: PERSONAL TRAINING - 12 WKS

For new Clients who haven't used personal training in 90 days

- 1x/wk - \$420 (\$35/session)
- 2x/wk - \$780 (\$32.50/session)
- 3x/wk - \$1,080 (\$30/session)

Includes: 3 InBody scans to assess your needs, set goals & track results, nutrition coaching and special events
Sessions expire 4/30/18

**REACH YOUR
FITNESS GOALS
IN 2018!**

TAKE THE CHALLENGE & WIN A PRIZE! (one session/wk)

- 1st - 3 FREE mo. Group Training (\$105 value)
- 2nd - 2 FREE mo. Group Training (\$70 value)
- 3rd - 1 FREE mo. Group Training (\$35 value)