



CRUSHING GOALS.

ANOTHER REASON Y.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sign up
TODAY
at the front
desk.

NEW YOU | 12-WEEK CHALLENGE

JANUARY 6 – MARCH 30:

OPTION 1: GROUP TRAINING

\$234 per Member

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

OPTION 2: PERSONAL TRAINING

1 session/week – \$420 (\$35/session)

2 sessions/week – \$780 (\$32.50/session)

3 sessions/week – \$1,080 (\$30/session)

- 3 InBody scans to assess your needs, set personal goals and track your results
- Weekly nutrition coaching
- Special events

For clients who haven't used personal training in 90 days. Sessions expire 4/6/20.

TAKE THE CHALLENGE AND WIN A PRIZE

1st Place wins 3 FREE MONTHS OF GROUP TRAINING (one session/week, \$105 value)