



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PERSONAL TRAINING PARKWOOD YMCA

LOWER Rates & BETTER Options

One Hour Individual Session

1 session = \$50

5 sessions = \$210

10 sessions = \$380

Express (Half Hour) Individual Session

1 session = \$35

5 sessions = \$150

NEW One Hour Buddy Training

1 session = \$60 (\$30 each)

5 sessions = \$260 (\$130 each)

Note: Designed for two members who have similar fitness goals who would like to work out together.

Express (Half Hour) Buddy Training

1 session = \$30 (\$15 each)

5 sessions = \$130 (\$65 each)

Helping you be successful along your journey to a healthy lifestyle is our goal. Wherever you are on your path, we can assist. Our personal trainers can help you break down barriers and achieve your goals!

TRAINING for YOU:

- New Exercisers
- Sports specific training
- Weight loss
- Injury prevention
- We design sessions specifically for YOU!

BENEFITS INCLUDE:

- Accountability & Motivation
- Positive Support System
- Lasting results
- Feeling great about YOU!

**Call the PARKWOOD YMCA
at 517.827.9680 to schedule your session.**

