



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Maximized Results

PERSONAL TRAINING

Parkwood Y

Personal Training Package	Y Member	Guest
One, 60-Minute Session	\$60	\$80
Three, 60-Minute Sessions	\$135	\$195
Six, 60-Minute Sessions	\$255	\$335
Twelve, 60-Minute sessions	\$480	\$570

One, 30-Minute Session	\$30	\$40
Three, 30-Minute Sessions	\$90	\$120
Six, 30-Minute Sessions	\$135	\$195
Twelve, 30-Minute Sessions	\$255	\$335
Twenty-four, 30-Minute Sessions	\$480	\$570

BENEFITS INCLUDE:

- Accountability & Motivation
- Develop a Routine
- Solid, Consistent, Non-judgmental Support
- Proper Technique and Form
- Injury Prevention
- Sports Specific Training
- Maximize Workout/Minimize Time
- Personalized Program
- RESULTS



SCHEDULE YOUR FREE SESSION TODAY!
Call the Parkwood Y Welcome Center
at 517.827.9680 to schedule your session.