



**DEDICATION  
MOTIVATION  
ACCOUNTABILITY**  
Personal training



**MOTIVATION  
SUPPORT  
SUCCESS**

**Personal Training at the ASHLAND AREA YMCA**

**Get in shape with one on one or small group training with a Nationally Certified Personal Trainer. All sessions are catered to individual or small group needs to help individuals achieve maximum results and meet fitness goals.**

1 HOUR TRAINING  
SESSION \$35.00  
10 SESSIONS \$345.00  
BUDDY SESSION  
\$50.00

**Get motivated, get support and succeed!**

**Contact Holly Gully for further information at 606.324.6191**