



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

PERSONAL TRAINING



-1 Hour Session \$30.00

-30 Min. Session \$20.00

**-10 Session Package: \$270.00
(get one free session when you
purchase 10)**

-Buddy Session (2 people) : \$25.00 each

-Group Package (3-6 people): \$20.00 each

**-NEW Online Programing: \$40.00 a month
You will receive 2 at-home OR gym workouts
a week.**

- An individualized fitness program specifically designed for you
- An efficient workout program with innovative ways to improve your health
- Professional assistance in improving strength, flexibility, stability, endurance, posture, balance, coordination and cardiovascular health
- Instruction on proper movement patterns, form and technique
- Provide accountability, structure and motivation



Contact Brooke Yanik, Fitness and Wellness Coordinator for more information

ASHLAND AREA YMCA
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