



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

# **PERSONAL TRAINING**



**-1 Hour Session \$30.00**

**-30 Min. Session \$20.00**

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

**-Buddy Session: \$50.00**

**-Group Package: (3 to 6 people) \$150.00**

- 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 Director for more information

**ASHLAND AREA YMCA**  
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