



Personal TRAINING

One-hour session ~~WAS: \$35~~ NOW: \$30

Now offering one-hour non-member session \$40

10 session discount: ~~WAS: \$310~~ NOW: \$270

(get one free when you purchase 10)

10 session discount non-member \$360

Buddy Session: \$50

Group Package: (3 to 6 people) \$150

Now offering:

- 30 min session \$20

For more information, please contact
Holly James, Aquatics & Fitness Director via
(606) 324-6191 or hjames@ashlandareaymca.org

MEET OUR PERSONAL TRAINERS



Isaiah

Julie

Holly

Brooke