

# POWER

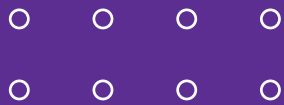
## PERSONAL TRAINING AT THE Y



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Need a little extra support and guidance to reach your fitness goals? Work with one of our certified personal trainers!

- ✓ Custom exercise plans
- ✓ Structure and accountability
- ✓ Variety and progression



### **COST (all sessions are 1-hour)**

#### **INDIVIDUAL**

Workout plan: \$60

5 sessions: \$260

10 sessions: \$440

#### **SMALL GROUP**

2-3 People

5 sessions: \$125/person

10 sessions: \$225/person

4-6 People

5 sessions: \$100/person

10 sessions: \$180/person

**QUESTIONS? Contact Cortnee at [cmcreynolds@statelineymca.org](mailto:cmcreynolds@statelineymca.org)**



[statelineymca.org/personaltraining](http://statelineymca.org/personaltraining)