

# POWER



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## PERSONAL TRAINING AT THE Y

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

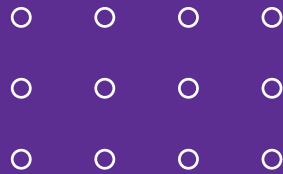
### **COST (all sessions are 1-hour)**

#### INDIVIDUAL

	Community
Workout plan: \$60	
5 sessions: \$260	\$315
10 sessions: \$440	\$530

#### 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)