



STAYING HOME? LOOK FOR ACCOUNTABILITY? WE HAVE A SOLUTION....

Virtual Personal Training

Stateline Family YMCA members can receive custom tailored sessions to help you reach your fitness goals. This can include but is not limited to, weigh-ins, food journaling, and workouts. You will meet with your personal trainer via Zoom at least one time a week and sessions include the rental of one tube and one set of dumbbells while you are receiving training. You can purchase your sessions online or by contacting Matt or Cortnee. You will need to contact Matt or Cortnee to schedule your sessions after they are purchased.
Matt Tuttle - mtuttle@statelineymca.org for the Ironworks Branch
Cortnee Dusing - cdusing@statelineymca.org for the Roscoe Branch

Package Pricing (members only)

One Session	\$54
Five Session	\$220 (\$44 per session)
10 sessions	\$380 (\$38 per session)

STATELINE FAMILY YMCA

Roscoe Branch
9901 Main Street
Roscoe, IL 61073
815.623.5858

Ironworks Branch
501 Third Street
Beloit, WI 53511
608.365.2261

www.statelineymca.org