

ADD VARIETY, INCREASE EFFICIENCY & EFFECTIVENESS!

CUSTOMIZED PROGRAM FOR YOU.

POSITIVE ENCOURAGEMENT. MOTIVATION. ACCOUNTABILITY.

PERSONAL TRAINING SESSIONS WORK WITH A TRAINER AT THE Y

NEW...Volume Pricing.

The more you buy the more you SAVE!

60 MINUTE SESSIONS

Package	Per Session	Total	Savings
1	\$80	\$80	\$0
6	\$65	\$390	\$90
12	\$61	\$732	\$228
18	\$57	\$1026	\$414

30 MINUTE SESSIONS

Package	Per Session	Total	Savings
1	\$45	\$45	\$0
6	\$36	\$216	\$54
12	\$35	\$420	\$120
18	\$34	\$612	\$198

At the Springfield YMCA, we have nationally-certified instructors to help you reach your goals. Our personal trainers will design an exercise program tailored to you, your schedule, and your budget- whether you are an avid athlete, working professional, or simply looking to rev up your routine, we'll help you get real results!

Experience Results With Personal Training



BUDDY SESSIONS

Package	Per Session	Total	Savings
1	\$60	\$60	\$0
6	\$40	\$240	\$120
12	\$38	\$456	\$264



Scan to
www.cyedc.org
Personal
Training info

Contact For More Information:

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