

ADD VARIETY, INCREASE EFFICIENCY & EFFECTIVENESS TO YOUR PRACTICE.

PERSONAL TRAINING SESSIONS CUSTOMIZED PROGRAM FOR YOU.

POSITIVE ENCOURAGEMENT. MOTIVATION. ACCOUNTABILITY.

LEARN SKILLS TO ASSIST IN QUALITY OF LIFE AND LONGEVITY.

PERSONAL TRAINING SESSIONS WORK WITH A TRAINER AT THE Y

NEW...Volume Pricing.

**The more you buy the more you
SAVE!**

1 hour - Individual (One-on-one)

1 Session \$45

2-7 Sessions \$40 per training

8-20 Sessions \$35 per training

1 hour - Small Group Session (Groups of 2 or 3)

1 Session \$35 per person

2-7 Sessions \$30 per training, per person

8-20 Sessions \$25 per training, per person

30 minute sessions - Individual (One on one)

1 Session \$25

2-7 Sessions \$21 per training

8-20 Sessions \$19 per training

Need help getting started, bored with your routine or exercising with few results? A sound exercise program has three fitness components: cardiovascular conditioning, strength training and flexibility. Our trainers can design or redesign an individual program, tailor-made, to get the most from your workout. Personal training helps you: Strengthen & Tone, Decrease Body Fat, Improve Self-Esteem, Reduce Stress, Increase Muscle Mass, Improve Balance and Posture, Utilize Machines, Dumbbells, Balls, and is Great for ALL AGES.

Experience Results With Personal Training



Scan to
www.cyedc.org
Personal
Training info

Contact For More Information:

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