

# PERSONAL TRAINING SESSIONS

AT THE LANSDOWNE & RIDLEY AREA Y!



Are you feeling bored with your routine or struggling to see results? A well-rounded exercise program includes cardiovascular conditioning, strength training, and flexibility. Our trainers can create a personalized plan to maximize your workouts, helping you strengthen and tone, decrease body fat, boost self-esteem, reduce stress, increase muscle mass, and improve balance and posture. We cater to all ages and utilize various equipment like machines, dumbbells, and kettlebells.



## Explore Volume Pricing:

### 1 hour - Individual (One-on-one)

1 Session \$50

2-7 Sessions \$45 per training

8-20 Sessions \$40 per training

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

1 Session \$40 per person

2-7 Sessions \$35 per training, per person

8-20 Sessions \$30 per training, per person

### 30 minute sessions - Individual (One on one)

1 Session \$30

2-7 Sessions \$26 per training

8-20 Sessions \$24 per training



## Contact For More Information:

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