

Y PERSONAL TRAINING™

We build strong kids, strong families, strong communities.



Trying to lose weight?

Need a little help with your workouts?

Or maybe just need someone to keep you motivated?

Get a Personal Trainer!

\$25.00 / 1 hour session for one

\$40.00 / 1 hour session for two

With the help of a personal trainer you can:

1. Fine tune your workouts
2. Lose weight
3. Increase muscle mass and bone density
4. Improve cardiovascular health
5. Improve flexibility
6. Get **MOTIVATED!**

For Ages 12 and up.

For more information or to schedule a session, contact the Member Services Desk or call 875-5050!



Blossman Family
Y YMCA

www.msgulfcoast-ymca.org

