

# PERSONAL TRAINING



Sign up for a personal training package, for real results and great savings!



**FACILITY MEMBERS: Get five one-hour sessions for \$150, and receive one additional session for FREE!**

**Fall into fitness with this special offer!**

Sessions are good for three months from date of purchase.

Your body deserves a unique fitness regime, tailored to you! At the Y, our nationally-certified Personal Trainers can assist you in reaching your fitness and weight loss goals. Fill out a Personal Training packet, located at our Member Service Desk, and return it when it's completed. Our trainers will call you to schedule your training sessions, and get you started!

## MEMBER HIGHLIGHT!

"My personal trainer at the Y was very beneficial. It was more than I expected. My personal trainer would check up on me and make sure I was doing everything correctly. It impressed me even when my sessions were over, she continued to follow up with me. I feel like we are friends now and she really cares about me."

-Mike

Stop at the Member Service Desk to request an appointment!

856-691-0030  
[www.ccaymca.org](http://www.ccaymca.org)

