

# A PERFECT FIT FOR THE HOLIDAY



## PERSONAL TRAINING AT THE Y



Gift Cards can be purchased in any amount and can be applied to any program (including Personal Training and Private or Semi Private Yoga Class) or membership fee.

**-SPECIAL OFFER -**  
**DEC 14 - DEC 24**  
**BUY 3 - 1 HOUR**  
**SESSIONS**  
**GET 1 FREE!**

Limit 1 offer per member

**Train One on One**  
with an ACE Certified  
YMCA Personal Trainer

Burn Fat, Build Muscle, Sports Conditioning; Whatever your goal, we have flexible and affordable packages for teens and adults. Visit [www.ccaymca.org](http://www.ccaymca.org) or contact Member Services for rates.

**(856) 691-0030**

## THE Y NOW OFFERS PRIVATE AND SEMI-PRIVATE YOGA

\$25/hour 1 member  
\$40/hour (total) for  
2 members (Save \$5pp)

Appointments are subject to availability. Please contact our Healthy Living Director, Jose Ledezma at 856-691-0030 ext 130 or [jledezma@ccaymca.org](mailto:jledezma@ccaymca.org) prior to purchasing to coordinate your availability.

