



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GAIN CONFIDENCE GET RESULTS

YMCA Personal Training

One-on-one personal training can benefit everyone. Whether you're a workout newbie, competitive athlete, or just want to keep up with your kids and grandkids, we have a YMCA trainer who is the perfect fit for you. Your personal trainer will customize workouts based on your lifestyle, challenge you to reach your goals, and celebrate your accomplishments.



FALL PERSONAL TRAINING RATES/SPECIALS

Valid September – November

**6 ONE-HOUR
SESSIONS**

AOA ages 55+
\$195 (10% off)

**6 ONE-HOUR
SESSIONS**

\$215
(15% off)

**12 ONE-HOUR
SESSIONS**

\$400
(20% off)

BENEFITS OF A PERSONAL TRAINER:

Motivation:

Receive encouragement and support from our friendly trainers!

Accountability:

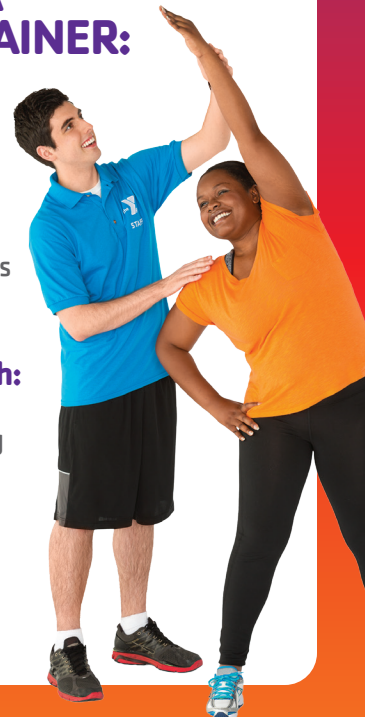
Your personal Y trainer helps you stay on track and reach your goals!

Improve Overall Health:

Boost your physical and mental health while building confidence!

Refresh Your Routine:

Stay motivated with new workouts that keep things fun and fresh!



See Member Services Desk to Register for PT today!

Cumberland Cape Atlantic YMCA

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