



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

ACCOMPLISH YOUR FITNESS GOALS



Personal Fitness Training WALDO COUNTY YMCA

Are you just starting out, bored with the same old exercise program, or just ready to move on to the next level? Our Certified Fitness Professionals can help you design or update a program so that you get maximum results! Personal Fitness Training provides an individualized and structured approach to meeting the unique medical and fitness goals of participants. There are many ways a Personal Trainer can help you. If you would like better results and more effective workouts, contact the Fitness Director at the Waldo County YMCA for more information about one-on-one training sessions.

Fees: \$50 per hour Annual Members
\$70 per hour 3-Month & Non-Members

Please present payment receipt to trainer prior to start of appointment.

WE ARE NOW OFFERING SMALL GROUP PERSONAL TRAINING. IF YOU WOULD LIKE TO EXERCISE WITH FAMILY AND OR FRIENDS THIS MAY BE FOR YOU. YOU GET THE BENEFITS OF WORKING OUT WITH A PERSONAL TRAINER AT A REDUCED PRICE. CALL TODAY FOR MORE INFORMATION!!!

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The Waldo County YMCA is a Charitable 501(c)(3) Organization

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