



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WE CAN HELP YOU ACCOMPLISH YOUR FITNESS GOALS

## Personal Fitness Training WALDO COUNTY YMCA

There are many ways our certified fitness professionals can help you design or update a program so that you get maximum results!

- Develop an individualized, structured approach to meet your unique health and fitness goals.
- Ensuring safe techniques and programming.
- Encourages motivation and accountability.

**By appointment. Please call 338-4598 & ask to speak with our fitness department.**

**\$50 / hour Annual Members  
\$70 / hour 3 Month & Non Members**

Work out with family or friends and get the benefits of a personal trainer at a reduced price. Call today for more information.



157 Lincolville Avenue, Belfast, Maine 04915  
207.338.4598 • [www.waldocountyyymca.org](http://www.waldocountyyymca.org)  
A Charitable 501(c)(3) Organization.

Wellness Director, Tamera Blades  
[tblades@waldocountyyymca.org](mailto:tblades@waldocountyyymca.org)  
Rev. June 24, 2020