



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

# **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.

### **FIND STRENGTH IN NUMBERS!**

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

**Please schedule an appointment.**

**Call 338-4598 and ask to speak with our fitness department.**

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