the YMCA

175 YEAR ANNIVERSARY



THE PLACE

Build *More Than Muscle*

30 MIN SESSIONS

4 SESSIONS	8 SESSIONS	12 SESSIONS
$156	$304	$444
($39/session)	*($38/session)*	*($37/session)*

60 MIN SESSIONS

4 SESSIONS	8 SESSIONS	12 SESSIONS
$252	$488	$708
($63/session)	*($61/session)*	*($59/session)*

BUDDY TRAINING

4 SESSIONS	8 SESSIONS	12 SESSIONS
$156	$304	$444
($39/session)	*($38/session)*	*($37/session)*

YOUR SUCCESS IS OUR PRIORITY!

Get connected with a Personal Trainer that best fits your age, ability, lifestyle and goals!

SIGN UP TODAY