

GET YOUR SUMMER SIZZLING...



**Summer
Special**



Personal Training:

(One on One w/ Certified Trainer)

**Buy a PACKAGE of 8
(30 minute) sessions for
\$200 (\$80 off)**

ALSO INCLUDES A FREE ½ hour session:

- 1) Discuss Nutrition & Fitness Goals
- 2) Calculate BMI & Body Fat
- 3) Strength & Flexibility Testing

**Must Purchase by 8/31/17; Package must be used
by 12/29/17**

**Contact Judy in Personal Training to set up
your PT Inquiry:**

jburns@ymcaulster.org OR 845-338-3810 x103

