



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BELIEVE & ACHIEVE

Personal Training Services

Our Philosophy

Personal Training is all about creating a healthier, happier you. We are here to work hand-in-hand with you to make that possible. Our Personal Training staff will collaborate with you to generate and sustain a smart exercise program. It's not always about the making rapid improvements, it is about the development of healthier habits over time. Our mission is to make sure you go home with a greater knowledge of health and fitness and an immense feeling of accomplishment after every session!

Customize Your Fitness

Switch up your workout routine by learning and applying new techniques.

- Accelerate through your fitness plateau by being encouraged to test your limits.
- Reduce your risk of injury by learning and applying proper mechanics.
- Stay motivated and committed to reaching your personal fitness goals!

Package sessions:

- Only available to Y members
- Every third package of 6, 10, 12, or 15 will receive a \$30 discount
- Package must be used within six months of purchase
- Package needs to be paid in full at time of purchase
- Cancellations made at least 24 hours in advance will not be charged that session

Benefits of Personal Training

- Learn how to safely and effectively reach your health and fitness goals.
- Collaboratively develop a personal workout routine that specifically addresses your health history, needs, limitations, and goals.
- Provide clear, objective and accurate health and fitness information.
- Help you fit exercise into your busy schedule by making the most efficient, yet effective, use of your time.

PACKAGE PRICING:

Personal Training

*Initial consultation for this package is \$30

1 session	(30 min)	\$25
5 sessions	(30 min)	\$100
10 sessions	(30 min)	\$185
15 sessions	(30 min)	\$260

1 session	(60 min)	\$35
3 sessions	(60 min)	\$80
6 sessions	(60 min)	\$145
12 sessions	(60 min)	\$260

Nutrition Counseling

1 session	(30 min)	\$15
1 session	(60 min)	\$25

If interested in nutrition counseling or personal training, contact: **Kristen Weglarz, Healthy Living & Chronic Disease Prevention Director**
906 863 9983 or Kristen@mmymca.org