



FOR YOUTH DEVELOPMENT
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

PERSONAL TRAINING AT THE YMCA

Whether it's to lose weight, tone up, get in shape or start anew after years of inactivity, let our personal trainers design and implement an individual exercise program specific to your goals.

- A program just for you designed by a nationally certified Trainer
- Fitness evaluation included
- Nutritional coaching
- One-on-one instruction



Personal Training Packages

<u>60 Minute Sessions</u>		<u>60 Minute Partner Sessions</u>	
1	\$90 (\$90/per session)	1	\$110 (\$55/per person)
4	\$340 (\$85/per session)	4	\$400 (\$50/per person)
8	\$640 (\$80/per session)	8	\$760 (\$47.50/per person)
12	\$900 (\$75/per session)	12	\$1,080 (\$45/per person)
30 Minute Sessions 4 \$200 (\$50 /per session) Or 8 \$360 (\$45/per session)			

To get started, contact Lidia Magarian, Chronic Disease Prevention Director at (310) 393-2721 ext. 112 or email at lidiam@ymcasm.org