



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REACH YOUR GOALS

Personal Training

SAMMAMISH FAMILY YMCA

Do you need help getting started on a fitness routine?

Want to update your fitness program?

Do you need help staying motivated?

Would you like to reach a specific goal?

Try personal training!



Train with Vicki or Avivit, nationally certified trainers with several years' experience to achieve the results you want. Each session is tailored to your individual goals and the focus is on you!

<u>Pricing per 60 minute session</u>		<u>Partner Training</u>
1 session	\$53	\$40/each person
3 session package	\$151	\$113/each person
6 session package	\$287	\$214/each person
10 session package	\$451	\$338/each person

To arrange person training, or to find out more information, please contact the front desk at 425.391.4840 or email Megan at mworzella@seattleyymca.org