

# REACH YOUR GOALS

## Personal Training at the 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</u>	<u>One Person</u>	<u>Buddy Package</u>
1 hour session	\$50	\$38/each person
3 hour package	\$142	\$107/each person
6 hour package	\$270	\$202/each person
10 hour package	\$425	\$319/each person

**GET FIT  
NOW**

To arrange personal training, or to find out more information, please contact the front desk at 425.391.4840 or email Kim at [kpayne@seattleyymca.org](mailto:kpayne@seattleyymca.org)



Everyone is welcome. Financial assistance is available. The YMCA of Greater Seattle is a charitable, non-profit membership organization serving King and south Snohomish counties since 1876.

**SAMMAMISH FAMILY YMCA  
HEALTH & WELLNESS PROGRAMS**

