



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GREATER FITNESS FEWER DOLLARS

Individual Training Packages on Sale Now

Our nationally certified personal trainers have the knowledge and skills to help you reach your goals, whether you're trying to lose a few pounds, compete in a triathlon, or just get healthier. Your program will be tailored to your specific needs, wants and goals.

If you're new to personal training, this is the perfect time to try it. If you already work with a personal trainer, then use this special deal for more sessions and faster results.

<u>Hours</u>	<u>Cost</u>	<u>Savings</u>
6	\$240	\$120
10	\$400	\$200
12	\$480	\$240
15	\$600	\$300
20	\$800	\$400



Hurry, this awesome deals ends October 15!

* Partner training and team training are not included.

For more information, contact YMCA Product Director of Fitness Centers and Personal Training Raschel Biagioli at (414)274-0807 or e-mail rbiagioli@ymcamke.org.

A minimum of 6 PT sessions must be purchased to receive the sale pricing. All sessions purchased at this sale price will expire on December 31, 2015. No refunds or credits will be given for unused sessions. Partner training not included. Rescheduling of any session requires a minimum 24-hour notice. Less than 24-hour notice or not showing at all will result in a (1) session charge or loss of (1) pre-purchased session.