



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PERSONAL TRAINING SALE GOING ON NOW

## Limited Time Offer on Individual Training Packages



Get fit this fall and stay on track through the holidays, with the help of the Y’s nationally certified personal trainers. Whether you’re a fitness newbie, or you’re a seasoned athlete, our personal trainers have the knowledge and skills to tailor a fitness program designed to meet your specific needs, wants and goals.

<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 Gretchen Kelly, Wellness Specialist at (414) 357-2853 or e-mail [gkelly@ymcamke.org](mailto:gkelly@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, 2018. 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.