



PERSONAL TRAINING SALE GOING ON NOW

Limited Time Offer on Individual Training Packages

Fall is here and it's a great time to start a fitness program and create good habits for the holiday season and the upcoming winter months. Whether you're looking to lose weight, build muscle, or just feel great, our nationally certified personal trainers have the expertise, knowledge and enthusiasm to help you achieve your health and wellness goals. Take advantage of our sale, going on now, and get fit for fall!

<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 Andy Emanuelson, Fitness Director at (414)274-0837 or e-mail aemanuelson@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, 2019. 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.