

the **Y** PERSONAL TRAINING

Ready to discover the **NEW YOU....**

Tired of the same exercise routine?

YMCA Personal Training may be just what you're looking for.

Personal Training is a specific program designed to meet your individual needs. It includes both personal coaching and one-on-one instruction throughout the entire workout.

Our nationally certified Personal Trainers will design an individualized fitness program that will help you achieve your personal goals!

3
Sessions
\$105

6
Sessions
\$190

12
Sessions
\$335

An initial consultation is provided at no additional charge with the purchase of any training package.

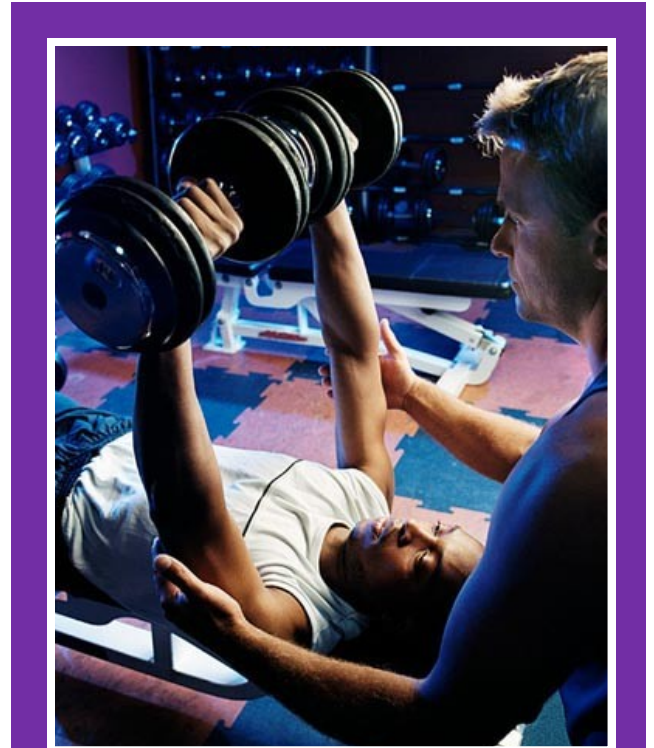
Sessions are 50-60 minutes in length and are scheduled at the convenience of the member and trainer.

Also Available: Body Composition Assessments

Analysis of Body Fat utilizing Skinfold Calipers

Assessments are performed by appointment only with a member of our Health and Wellness Department's Leadership Team. Please register at Member Services Desk (online registration is not available for this service).

\$15 *by appt. only*



TAYLOR BEND FAMILY YMCA
4626 TAYLOR ROAD
CHESAPEAKE VA 23321
P 757 638 9622
F 757 483 8822
WWW.YMCASHR.ORG