

# **PERSONAL TRAINING PACKAGES** **AVAILABLE NOW!**



## ***Starter package***

**1 Session = \$30/ hour**

**5 Sessions = \$140 (\$10 savings)**

## ***Goal getting package***

**10 Sessions = \$270 (\$30 savings)**

**12 sessions = \$300 (\$60 savings)**

**(Individual sessions- 1 HR./\$30)**

***Sign up at the Front Desk today!***

# **YHEALTH & FITNESS™**

We build strong kids, strong families, strong communities.