

PERSONAL TRAINERS

Robert Beacher:

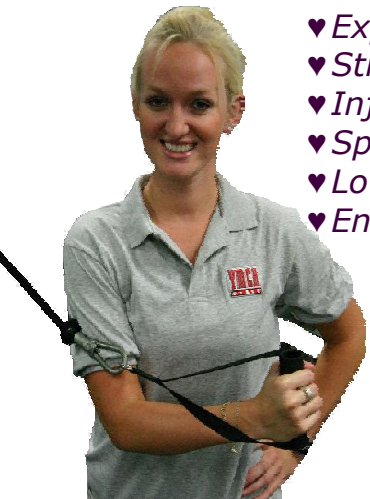
B.S., A.S.U., Certified A.C.S.M. Health & Fitness Specialist. I.S.S. Personal Trainer. Rob has had over 10 years experience. He specializes in weight control, martial arts and post-rehabilitation training.

Tim Vessells:

Y Personal Trainer Certification, Expert Rating CPT Certification, ACE Certification. Tim specializes in weight-lifting and strength training and has over 20 years experience.

BENEFITS OF PERSONAL TRAINING

- ♥ Motivation
- ♥ Experienced guidance
- ♥ Strength training
- ♥ Injury prevention
- ♥ Specialized training
- ♥ Lower Blood pressure
- ♥ Enhance metabolism



PERSONAL TRAINING RATES

30 Min.	\$20
60 Min.	\$35
90 Min.	\$50

GIFT CERTIFICATES AVAILABLE

MOBILE SERVICE TRAVEL CHARGES

Central County	\$20
South County	\$30
North County	\$40

PACKAGES AVAILABLE

GOLD PACKAGE (20% savings)

12 Express Sessions =	\$192
12 Full Sessions =	\$335
12 Extended Sessions =	\$480

SILVER PACKAGE (15% savings)

10 Express Sessions =	\$170
10 Full Sessions =	\$300

BRONZE PACKAGE (10% savings)

5 Express Sessions =	\$90
5 Full Sessions =	\$158

HEALTH, WELL-BEING & FITNESS SAN LUIS OBISPO COUNTY YMCA

1020 Southwood Drive
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www.sloymca.org



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IMPROVE HEALTH & WELL-BEING PERSONAL TRAINING

