



PERSONAL TRAINING SALE GOING ON NOW

Limited Time Offer on Individual Training Packages

Train **SMARTer** with YMCA nationally certified personal trainers. **Specific, Measurable, Achievable, Relevant and Timely.** YMCA personal trainers use these 5 principles to create result driven programs that will help you achieve your health and wellness goals. Our trainers will personalize a plan based on your lifestyle—whether you're a working professional, a new mom, an athlete or a retiree. Sign up today to take advantage this awesome deal and see real results!

<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 April 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 June 30, 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.