



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GET FIT FOR FALL

## Personal Training Special YMCA OF METROPOLITAN MILWAUKEE

Need a fall fitness refresh? Whether you're looking to lose weight, build muscle, or just get healthier, our nationally-certified personal trainers have the knowledge and skills to help you reach your goals.

### LIMITED TIME! SAVE UP TO \$100 PER PACKAGE.

1:1 TRAINING >> 60-MIN.		30-MIN.	TEAM TRAINING >> 60-MIN.		30-MIN.
4 SESSIONS	\$210/Member	\$110/Member	4 SESSIONS	\$127/Member	\$74/Member
8 SESSIONS	\$400/Member	\$210/Member	8 SESSIONS	\$232/Member	\$127/Member
12 SESSIONS	\$570/Member	\$285/Member	12 SESSIONS	\$315/Member	\$165/Member



Find your perfect fit! Meet with a trainer for a FREE 30-minute consultation.

PRICES LISTED ARE VALID OCT 14 - NOV 3, 2022.

In-person and virtual training options are available for members ages 12 & up. Sessions expire 6 months after the date of purchase. Limit two (2) discounted packages per member. No refunds or credits will be issued for unused sessions. Pricing is per person. Other restrictions may apply.

[YMCAMKE.ORG/PERSONAL-TRAINING](https://www.ymcamke.org/personal-training)

RITE-HITE FAMILY YMCA 414-354-9622 | BRISCOE FAMILY YMCA WELLNESS CENTER 414-224-9622