



the

YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PERSONAL TRAINING SPECIAL

Not seeing results? Bored with the same routine? Not sure where to start? If you want to get the most out of your workouts, a trainer is a great investment! Trainers provide the expertise and needed direction and encouragement to keep you focused. A customized fitness program is developed to help you attain your health and wellness goals that can have a long term payment in quality of life and decreased healthcare costs. It's time to get fit and strong!

Oct 14– Nov 30, 2020

Buy any package of 3 sessions get 1 session FREE!

Buy any package of 5 sessions get 2 sessions FREE!

Buy any package of 10 sessions get 2 sessions FREE, plus a fitness assessment!

Buy any package of 20 sessions get 2 sessions FREE, plus a fitness assessment and entered to win a FREE TRX Session!

Questions? Contact Emily Thielsen, Fitness Director | 262.248.6211 x17 | Emily.thielsen@glymca.org

GET FIT. GET STRONG.

GENEVA LAKES FAMILY YMCA • 203 S. Wells Street • Lake Geneva, WI 53147 • GenevaLakesYMCA.org • 262.248.6211