

# Adult

## **YPERSONAL TRAINING™**

We build strong kids, strong families, strong communities.

### **Northwood Family YMCA**

Let our personal trainers help you achieve your fitness goals!! Our trainers continue to raise the bar of excellence in personal training. They are enthusiastic about educating you with the most up-to-date information and training techniques. Let us help you improve your cardiovascular fitness, muscular strength and endurance, core strength, functional fitness, and overall personal health.

	1 Session	4 Sessions	10 Sessions
Individual Member	\$33	\$125	\$275

- Sessions are an hour long
- ½ hour sessions are available on request

All personal training sessions are purchased at the front desk. No transactions should be exchanged between member and trainer. It is the policy of the North Central Florida YMCA that all personal trainers are employed and certified by the YMCA in order to train in the facility.

*For more information, contact Scott Chase, [s.chase@ncfymca.org](mailto:s.chase@ncfymca.org)*