



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GAIN CONFIDENCE GET RESULTS

Fremont Family YMCA

## PERSONAL TRAINING

EXPERIENCE THE BENEFITS OF  
WORKING 1:1 WITH A TRAINER

- Personalized workouts
- Motivating relationships
- Personal accountability
- Track and respond to your progress



**1**

Select & register for a training program

**2**

Work 1:1 with a program designed for you

**3**

Reach your goals!

### TRAINING PROGRAMS

1 Hour	1 Session	5 Sessions	10 Sessions	15 Sessions
Adult Member	\$45	\$210	\$375	\$440
Youth Member	\$30	\$130	\$220	\$300
65+ Member	\$40	\$190	\$335	\$400