



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# A FITNESS PROGRAM JUST FOR YOU

## Personal Training JOPLIN FAMILY YMCA

Let us create a fitness program just for you! Our personal trainers provide body fat analysis, measurements, program design and implementation, so you will have someone with you every step of the way. Whether you've been working out for years, are just getting started or wondering where to begin, our personal trainers have the tools you need to reach your fitness goals!

### Pricing and Packages\*

<b>Individual Training</b>		<b>30-Minute Sessions</b>	<b>One-Hour Sessions</b>
	<b>3 Sessions</b>	\$90	\$120
	<b>6 Sessions</b>	\$150	\$220
	<b>13 Sessions</b>	N/A	\$455

<b>Buddy Training</b>		<b>2 People (One Hour)</b>
	<b>3 Sessions</b>	\$81
	<b>6 Sessions</b>	\$150
	<b>13 Sessions</b>	\$286

**Family** personal training and personalized **running** coaching now available. Contact Karen King at [kking@joplinfamilyy.org](mailto:kking@joplinfamilyy.org) for details.



For more information, please contact our Membership Program Executive at 417 781 YMCA.

#### JOPLIN FAMILY YMCA

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