

YPERSONAL TRAINING™

We build strong kids, strong families, strong communities.

MidTown YMCA

Private instruction to help you achieve your fitness goals
in a way that works best for YOU!!

YMCA PERSONAL TRAINING:

- A personal program designed based on your needs, goals, and objectives.
- You will learn safe, proper and effective techniques.
- Will help you stay motivated to reach your goals.

Individual Sessions:

1-5 \$40 per Session

6-11 \$35 per Session

12+ \$30 per Session

Partner Sessions:

1-5 \$55 per Session

6-11 \$50 per Session

12+ \$45 per Session

Each Session lasts 55 min.

If you are interested in more information concerning Personal Training, or

Training Groups please contact:

Sara R. Holmes, Center Director 232.9622 or sholmes@ymcaokc.org

YMCA Mission

To put Christian principles into practice through programs that builds
healthy spirit, mind and body for all.