



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GIVE THE GIFT OF HEALTH



Jump Start Personal Training and Massage Special
Nov 27–January 12

Just in time for Christmas and the New Year!

30 minute Jump Start Package – \$45

- **3–30 minute Personal Training sessions**
- **Free pass to our next Healthy Cooking class**
(Must be a Y member to purchase or purchasing for a Y member)

30 minute Massage – \$ 30

(Available to Y members and non-members)

**30 minute Jump Start Package and
30 minute Massage – \$ 75**

(Must be a Y member to purchase or purchasing for a Y member)

Personal Training sessions expire 6 months after purchase

30 minute massage expires 6/1/2018

Each member may only purchase one of the Jump Start Personal Training packages.