



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JUMP START PERSONAL TRAINING PACKAGE



Not sure whether you want to commit to a Personal Trainer? New Personal Training clients can try Personal Training with the Y's Jumps start Personal training package. (This package is for MEMBERS only who are new to Personal Training)

## **\$49 package that includes the following:**

- 3 - 30 minute sessions of Personal Training
- Nutrition consultation with Registered Dietician
- Free Pass to our next Healthy Cooking Class

## **\$85 package that includes the following:**

- 3 - 1 hour sessions of Personal Training
- Nutrition consultation with Registered Dietician
- Free Pass to our next Healthy Cooking Class