



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)

\$60 package that includes the following:

- 3 - 30 minute sessions of Personal Training
- Free Pass to our next Healthy Cooking Class

\$100 package that includes the following:

- 3 – 1 hour sessions of Personal Training
- Free Pass to our next Healthy Cooking Class