



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRY SOMETHING NEW PERSONAL TRAINING

1 on 1 and/or Group Personal Training WELLNESS CENTER

Beginning the New Year, 2017, the Altavista Area YMCA we be offering 1 on 1 and/or small group personal training. Clients will have up to an hour of individualized time with a trainer to help promote motivation, create custom workouts, and expand their knowledge of exercise and use of equipment. Any and all age groups are welcomed. Sessions can be purchased individually or in packages.

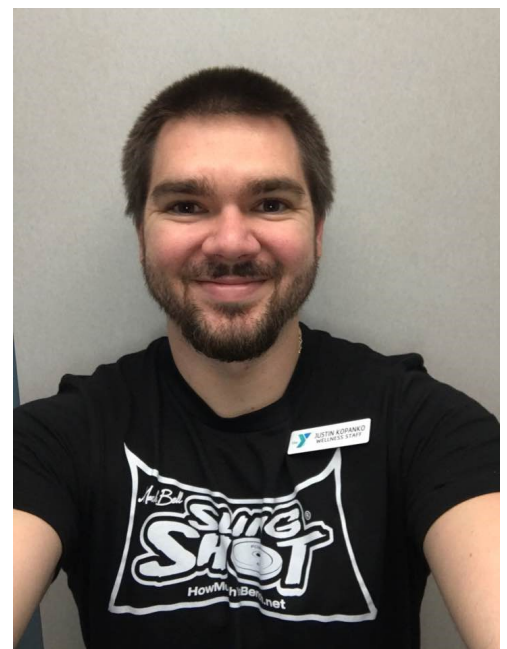
Free Consultation

Prior to beginning your fitness journey, you will meet with your trainer for assessments (height, weight, BF%, etc.), determine goals and expectations, and set up time for session.

Session

Sessions with be 1 hour and will be custom to your goals. Different varieties of equipment may be used and implemented throughout session. You will have to full focus of your personal trainer for the whole session.

For more information please contact Justin or Maria



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