



# GAIN CONFIDENCE GET RESULTS

Geneva Family YMCA



## PERSONAL TRAINING

### EXPERIENCE THE BENEFITS OF WORKING 1:1 WITH A TRAINER

- Personalized workouts
- Motivating relationships
- Personal Accountability
- Track and respond to your progress

Members Only

\$30 per  
Session

\$135 for  
5 Sessions



1

Select & register for a training program

2

Work 1:1 with a program designed for you

3

Reach your goals!

FOR MORE INFORMATION: Contact Wellness Director Laura Snook @ 315-789-1616