



# GENEVA FAMILY YMCA JUMP START

Jump Start is a personalized approach to help you meet your specific wellness goals. Meet one-on-one with a personal trainer for a 45 minute coaching session to:

- Discuss a personalized wellness program
- Get insights for training and nutrition support
- Learn about Y programs that can meet your individual healthy living goals

**Members: Complimentary**

**Non-Members: \$20**



Participants  
Will receive  
10% off of a  
Personal Training  
Package!



**REQUEST A JUMP START  
APPOINTMENT TODAY:**

Contact YMCA Wellness Director  
Laura Snook @  
315-789-1616

[www.GenevaFamilyYmca.org](http://www.GenevaFamilyYmca.org)