

SUPPORT MOTIVATE ACHIEVE

**With Personal
Training at the
Western YMCA**

**One-on-one personal training can
benefits everyone. Whether you're a
workout newbie, competitive athlete,
or just want to keep up with your kids
or grandkids. Your personal trainer
will customize workouts based on
your lifestyle, challenge your to reach
your goals, and celebrate your
accomplishments.**

SESSIONS START AT \$30/HOUR

**Speak with YMCA Staff to get
started today!**

**335-3030
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