



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET STRONGER MAKE FRIENDS HAVE FUN

Small Personal Training Groups BROOKS FAMILY YMCA

Purchase **Personal Training** in a small group of 3-4 people for targeted attention and great results in a fun and social setting! Join one of our NEW small **personal training groups**, available at set times:

MON	TUES	WED	THURS	FRI	SAT
9:30-10:30am Bootcamp Heather		9:30-10:30am Weights for Women Heather			9:00-10:00am Stronger Core & Better Balance Natasha
10:30-11:30am Stronger Core & Better Balance Natasha	10:30-11:30am Fit Over 50 Kelly		10:30-11:30am Fit Over 50 Kelly		
5:15-6:15pm Sweat and Shred Missy		4:30-5:30 pm Athletic Conditioning Jae			
6-7pm Basketball Skills & Drills Jae		6 -7 pm Bootcamp Heather	6-7pm Basketball Conditioning Jae		

PRICING: 4 sessions \$140 per person (\$35 ea.), 8 sessions \$264 per person (\$33 ea.),
12 sessions \$360 per person (\$30 ea.)

TO PURCHASE: Contact Kelly at kraichel@piedmontymca.org or 434-270-7549.