

WANT MORE ENERGY?

TRY EXPENDING SOME.



YPERSONAL TRAINING™

Personal Training teaches proper form and technique to help you achieve your desired results. The muscle you build will make your body more efficient at burning fat. You feel better, look better, and everyday activities become easier. Did we mention that you'll slow down the aging process?

What's Right For ME?

Your decision to take advantage of a certified personal trainer shows you're serious about your commitment to a healthier body. If you are new to training with cardio equipment or weight resistance training, we encourage you to try personal training. You'll get the guidance and consistent feedback you need to attain your goals. If you have used our personal training services before and are interested in updating or adding variety to your program, why not sign up for a **one or two session**

refresher. We'll help you get on track. For just 10-dollars more, you can bring a friend and share a **Training for Two** session. Or, you can schedule our new 30 minute **Training Xpress.**

How Do I Get Started?

Decide the number of sessions that is right for you. We can help you if you'd like. Call Ronda Hamilton at (610) 363-9622, x2252. Ronda will assess your needs and assign you to one of our certified personal trainers. Then, a program will be devised for your immediate and long term fitness goals. We will help you get the results you want and provide the motivation you need. You and your trainer will set up times that are convenient for YOU. Each one-on-one session is 60 minutes long and tailored to your fitness objectives.



Lionville Community YMCA Personal Training For Full Privilege Members

Individual Session	\$49.00
Training for Two	\$58.00/per session
6 Sessions	\$263.00
12 Sessions	\$483.00
Youth 10 to 17 years	\$109.00/3 Sessions
Training xPress	\$30.00/30 minutes

Spread out your sessions according to your schedule. There's no time requirement on your personal training investment.

Get Started Today!

FOR MORE INFORMATION, CONTACT RONDA HAMILTON AT (610) 363-9622, x2252.