



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PERSONALIZE YOUR WORKOUT

## Personal Training GREATER SCRANTON YMCA

Training with our certified personal trainers is a great way to get in shape safely, efficiently and effectively. They provide the motivation necessary for you to achieve your goals with regular fitness testing, personalized programming and accountability. All our trainers are certified and qualified to train and many have years of experience. They are qualified to work with individuals who have been injured or have special needs.

- 1 Hour Session- \$35
- 5 1hour Sessions- \$150
- Customized workouts for Y Members
- Cardiovascular and weightlifting exercises

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