



YMCA OF PUEBLO

THRIVE

A healthier, fitter you is just
around the corner

SIGN UP NOW BY CALLING US AT (719) 543-5151

All Pueblo Y members get a FREE 30-minute Health Coach consultation!
We'll go over how to use our equipment and connect you with our Health & Wellness programs, as well as introduce you to group exercise classes.

PERSONAL TRAINING PACKAGES

Ready to reach the next level of a healthier, stronger you?

Our nationally certified trainers will work with you to schedule sessions when it's convenient for you and fits your fitness goals.

30 MINUTE WORKOUT

4 sessions - \$118.00

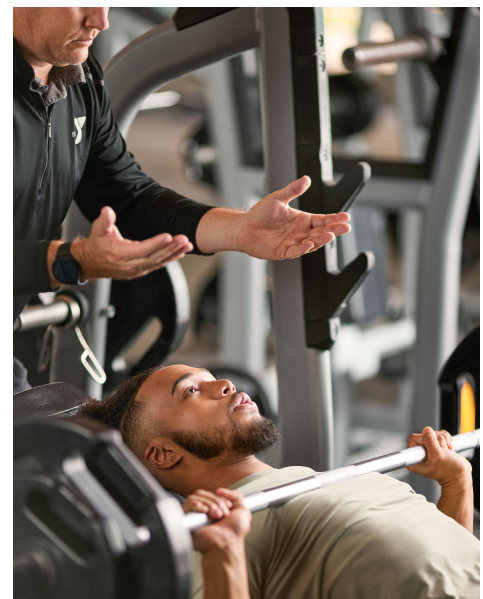
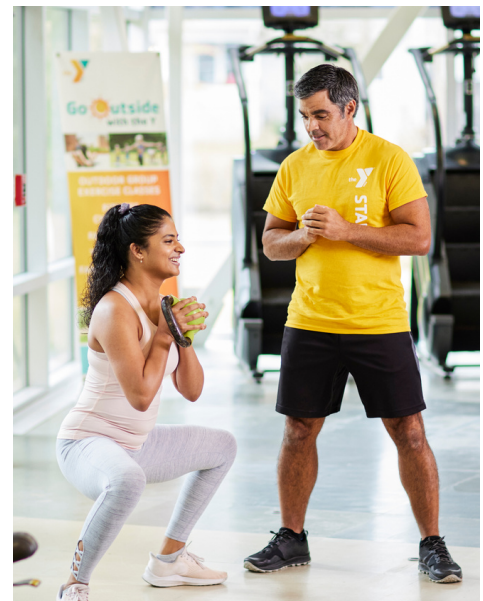
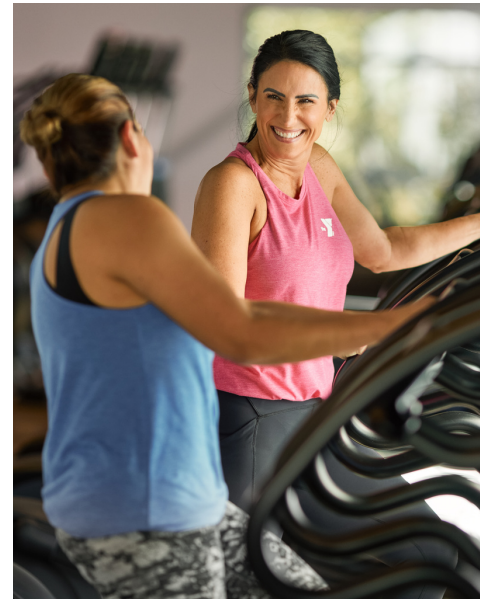
8 sessions - \$235.00

60 MINUTE WORKOUT

1 session - \$65.00

4 sessions - \$235.00 (\$25.00 savings!)

8 sessions - \$470.00 (\$50.00 savings!)



HEALTHY LIVING COMMITMENT PLAN

Work with our Health Coach to identify your goals and create a plan tailored just for you. Receive advice on nutrition, learn skills that will aid in developing a healthy mind, body and spirit, become familiar with overall holistic health practices, and get introduced to our machines, classes and Personal Trainers. A one-time 30-minute FREE session is available to all YMCA of Pueblo members.

Book your appointment at the front desk today!

4 (1 hour) sessions - \$100.00

8 (1 hour) sessions - \$180.00 (\$20.00 savings!)

TO LEARN MORE, PLEASE MESSAGE:

JASMINE DUNN

Health & Wellness Coordinator
jdunn@puebloymca.org

TIFFANI HINKELDEY

Health Coach
thinkeldey@puebloymca.org