



PERSONAL TRAINING



YMCA of Pueblo

3200 E Spaulding Avenue

Call us
719-543-5151

Visit us
www.puebloymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LET'S TRAIN TOGETHER

MY FIT PLAN

Get to know your trainer, create goals, discuss finances, and see if we are a good fit for YOUR health goals for FREE!

"I now have MUSCLE DEFINITION, which is something I really love."
-Deb Hinkle

"In 12 weeks, I lost 10lbs, DROPPED 4 DRESS SIZES, and decreased my body fat by 7%!"
-Vicki Zanini

BUDDY SESSIONS

Personal training doesn't have to be intimidating. Bring a friend and SPLIT the cost!

FIVE 1 hour sessions - \$250
TEN 1 hour sessions - \$475

PERSONAL TRAINING PACKAGES

THREE 1 hour sessions - \$115
FIVE 30 minute sessions - \$130
FIVE 1 hour sessions - \$180
TEN 30 minute sessions - \$225
TEN 1 hour sessions - \$350
TWENTY 30 minute sessions - \$400

GET STARTED!

Call 719-543-5151 or email

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