



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 - \$290
TEN 1 hour sessions - \$500

PERSONAL TRAINING PACKAGES

THREE 1 hour sessions - \$120
FIVE 30 minute sessions - \$150
FIVE 1 hour sessions - \$220
TEN 30 minute sessions - \$250
TEN 1 hour sessions - \$410
TWENTY 30 minute sessions - \$440

GET STARTED!

Call 719-543-5151 or email Cameron Giebel, Healthy Living Director, at cgiebel@puebloyymca.org