

PERSONAL TRAINING



SHORT ON TIME TO EXERCISE?

Whatever your goal, this QUICK session will support your busy schedule and accommodate your need for results!

30 MINUTE PERSONAL TRAINING SESSIONS

3 Sessions - \$75 Member - 6 Sessions - \$132 Member

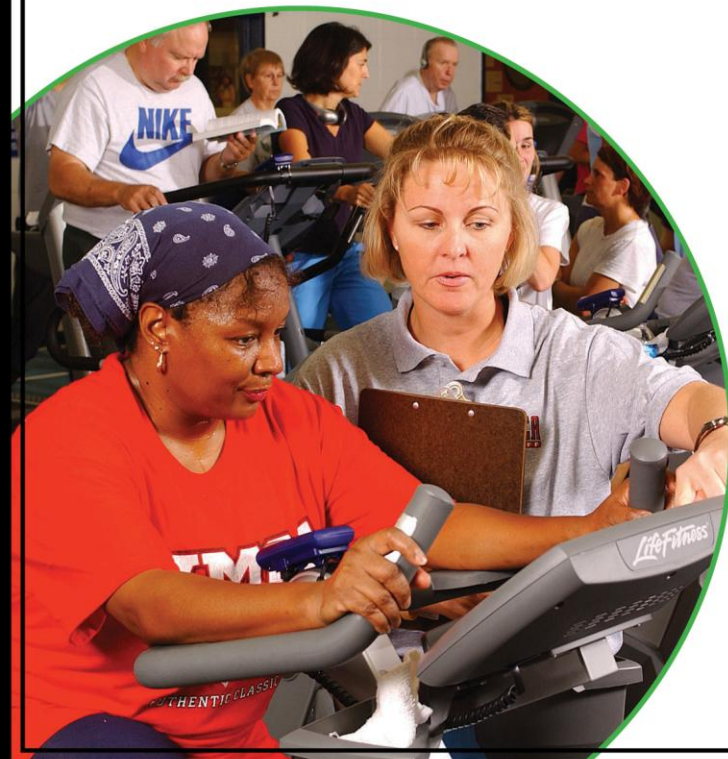
12 Sessions - \$248 Member

30 MINUTE PARTNER PERSONAL TRAINING SESSIONS

3 Sessions - \$63 Member* - 6 Sessions - \$124 Member*

12 Sessions - \$228 Member* (*per member)

**For more information, please contact:
MEMBER RELATIONS STAFF**



Grayslake YMCA
1850 E. Belvidere
Grayslake, IL 60030
847-548-8300
www.grayslakeymca.org