



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **NEW YEAR NEW YOU**

## **PERSONAL TRAINING SPECIAL**

**Special Valid: January 1—January 31, 2019**

Need a little extra motivation? YMCA Personal Training may be just what you are looking for. Personal Training is a specific program designed to meet your individual needs.

It includes free assessment and one on one instruction throughout the entire workout. Our certified personal trainers will design an individual program that will help you achieve your goals! And now with the new year special you can get into personal training as little as \$24.75 per session.

**10% OFF  
ALL PACKAGES**



### **Meet Your Certified Personal Trainers:**

Maggie Arrington, Missy Aslett, Jeaneth Glenn, Deb Haman, Erika Harr, Keri Peterson, Caleb Worley

**208-733-4384 ext.105**

**[ymcatf.com](http://ymcatf.com)**