



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

A FITNESS PROGRAM JUST FOR YOU

Personal Training JOPLIN FAMILY YMCA

Let us create a fitness program just for you! Our personal trainers provide body fat analysis, measurements, program design and implementation, so you will have someone with you every step of the way. Whether you've been working out for years, are just getting started or wondering where to begin, our personal trainers have the tools you need to reach your fitness goals!

PRICING AND PACKAGES

	30 Minute Sessions	One Hour Sessions	
Individual Training	3 Sessions	\$90/person	\$120/person
	6 sessions	\$150/person	\$222/person
	13 Sessions	N/A	\$455/person

	2 Person Minimum (One Hour)	
Buddy Training	3 Session	\$81/person
	6 Sessions	\$150/person
	13 Sessions	\$286/person



For more information , please contact Membership at 417 781 YMCA.

JOPLIN FAMILY YMCA
 3404 W. McIntosh Circle Dr., Joplin, MO 64804 P 417 781 9622 F 417 625 2503 www.joplinfamily.org