

YMCA Fit Start: Kickstart Your Fitness Journey



**\$99
SPECIAL**

**YMCA
MEMBERS
ONLY**

Here's How it Works!

Register and we will assign you to one of our Fit Start Coaches (all coaches are certified personal trainers) for Four 1-on-1 Sessions.

1st Session: Low intensity fitness evaluation, Review Fit Start Questionnaire and Establish Fitness Goals.

2nd Session: Wellness Center and Y30 Room Orientation, Review Personalized Exercise Prescription with your Fit Start Coach.

3rd Session: First Personal Training Session. Your Fit Start coach will provide feedback on your form and technique.

4th Session: Second Personal Training Session and Graduation Day!

After completing the program, your Fit Start Coach will still be available to offer basic support or you can choose to purchase more training sessions at the established rates.

Contact Fitness Coordinator
Kelly Campbell at kellyc@ivymca.org
For More Information
www.ivymca.org

**NOT A
MEMBER??**

Join the YMCA

**No Joining Fee
No Money Down**

***New Memberships Only**

For a better us.®