



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## THE ALTAVISTA AREA YMCA Personal Training HELPING YOU REACH YOUR GOALS



Improve Mobility & Flexibility  
Build Strength & Power  
Learn Technique  
Improve Confidence



Enhance Body Composition (Burn Fat, Tone Up, Muscle Definition)  
Nutritional Support/Guidance to Match Fitness Goals



PERSONAL TRAINING FEES  
\$40 Per Session Members  
\$60 Per Session Non-members

Contact Deidre at:

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