



30 Min PERSONAL TRAININGS

Buehler YMCA

Are you short on time, but still desire to change the way look, feel and live? If yes, a 30 minute personal training session with a Buehler YMCA certified personal trainer could be just the answer.

30 MINUTE SESSIONS NEW PROGRAM

3 SESSIONS
\$75.00

6 SESSIONS
\$132.50

12 SESSIONS
\$247.50

18 SESSIONS
\$342.50

Cost is double the listed price for program members.

Get started today by
filling out a Personal
Training request form at
the Member Services
Desk or on-line at
www.buehleymca.org

