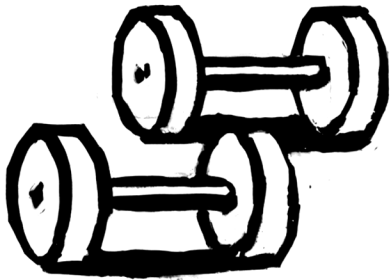


Personal Training Program



Is Personal Training for You?

The Cheshire Community YMCA is committed to helping you reach your Health and Wellness Goals. Our certified trainers can design an exercise plan just for you.

Programs include:

General fitness programs of cardio and strength

Sports Specific Training

Lifestyle Management and Weight Loss

Improved Body Composition

Osteoporosis, Diabetes and Heart Disease Prevention

Agility

Core Strength

Flexibility

Motivation

Senior Fitness

Fees:

1 - 1 hour session \$50

3 - 1 hour sessions \$140

5 - 1 hour sessions \$225

10- 1 hour sessions \$430

25- 1 hour sessions \$1000



Cheshire Community YMCA

961 South Main St
Cheshire, CT 06410

203-272-3150, FAX 203-699-0330

www.southington-cheshireymca.org

YMCA Mission

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.