



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SMALL GROUP PERSONAL TRAINING

ARMBRUST YMCA

If you aren't seeing results with your current workout routine, give Small Group Training a try for *FREE* with our 4-class trial! You will get a superior workout while building relationships that increase accountability.

"I have been attending group for almost a year. I have lost several pounds and inches with fantastic results in strength and fitness level. I feel better mentally and physically with a huge decrease in Fibromyalgia flare ups. I have great support and friendships that push and encourage me to be successful." -Miss Kyle R.

- All sessions have six or less participants
- Monthly program change to keep seeing improvement
- Led by Certified Personal Trainer Kaylee Hintz-Horan
- Gain strength and confidence
- Increase metabolism and energy
- Lose body fat gained naturally with age
- Choose to train 2-5 days per week
- All classes are held in our private training room



Contact Fitness Director, Amber Cornist for more information

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