



Come check out a  
**FREE trial session!**

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SMALL GROUP BIG IMPACT

SMALL GROUP PERSONAL TRAINING FOR WOMEN

FRIENDSHIPS | TRANSFORMATION | ACCOUNTABILITY



Full Details

# SMALL GROUP PERSONAL TRAINING



FRIENDSHIPS | TRANSFORMATION | ACCOUNTABILITY

Join our exclusive Small Group - Big Impact workouts to change your fitness game! See what personal training is all about while building friendships that push you to stay on track with your goals.

- Personal trainer at discounted rate
- Flexible scheduling
- Private training room
- Group size limited to 6
- Strong community of women
- Program customized each month

"I've 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., Armbrust YMCA Member

## SESSION INFO & RATES

- Mon-Thur | 5-6pm
- Choose which days you want to train!
- Sign Up: Visit the Welcome Center or go online: [bit.ly/ysmallgroup25](https://bit.ly/ysmallgroup25)



- FREE trial session available!
- 6 Class Punch Card: \$90
- 12 Class Punch Card: \$180

### MEET YOUR COACH:

Kaylee Hintz-Horan is the Small Group Training instructor, a YMCA Certified Personal Trainer.

