



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BLACK FRIDAY

1 DAY ONLY

PERSONAL TRAINING 3 FOR \$105

THREE 1-HOUR SESSIONS FOR \$105

Our personal trainers are ready and eager to help you reach your health and fitness goals so take advantage of our **Personal Training Special on Black Friday, November 24, 2023.**

VISIT THE WELLNESS CENTER TO SPEAK TO A TRAINER OR EMAIL:

Kelly Patterson at kpatterson@middletownymca.org
for details on sessions and trainer availability.

Your Personal Trainer must be confirmed before purchasing packages.

Members may purchase up to 5 packages.

Personal Training is exclusive to YMCA Members:

This offer is only valid on Friday, November 24, 2023.

YMCA OF MIDDLETOWN

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WWW.MIDDLETOWNYMCA.ORG