



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:

Michele Bernieri at mbernieri@middletownymca.org
for details on sessions and trainer availability.

Your Personal Trainer must be confirmed before purchasing packages.
Personal Training is exclusive to YMCA Members.

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

SOUTH ORANGE FAMILY YMCA
45 Gilbert St Ext Monroe, NY 10950
(P) 845-782-9622

WWW.MIDDLETOWNYMCA.ORG