



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BLACK FRIDAY

PERSONAL TRAINING SPECIAL 3 FOR \$115 – 1 DAY ONLY

This offer is only valid on Friday, November 29, 2024.

THREE 1-HOUR SESSIONS FOR \$115

Our personal trainers are ready and eager to help you reach your health and fitness goals so take advantage of this Personal Training Special on Black Friday, November 29, 2024.

- Existing clients must confirm with their Personal Trainer before purchasing packages.
- New clients must contact Diana Welch for trainer availability.
- Members may purchase up to 5 packages.
- Personal Training is exclusive to YMCA Members.
- This offer is only valid on Friday, November 29, 2024.

HOW TO SIGN-UP:

VISIT THE WELLNESS CENTER TO SPEAK TO A TRAINER OR CONTACT
DIANA WELCH: (P) 845-956-1550 (E) DW@MIDDLETOWNYMCA.ORG

WWW.MIDDLETOWNYMCA.ORG-PERSONAL-TRAINING

YMCA OF MIDDLETOWN
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