



Get them to
exercise more
than just their
thumbs!

TEEN PERSONAL TRAINING

Looking to introduce fitness to your teen?

Looking to improve sports skills?

Looking to implement healthy workout habits?

TRY TEEN PERSONAL TRAINING!

Discounted rate for ages 13-17: \$36 member | \$41 non-member (per session),
or bring a friend for \$50 member | \$60 non-member (two person rate).

Contact Carrie Myers at 760.942.9622 x1823 or cmyers@ymca.org with any questions or to set up an appointment.

SESSIONS MAY BE PURCHASED AT THE REGISTRATION DESK IN THE MAIN LOBBY

MAGDALENA ECKE FAMILY YMCA
IT'S FOR EVERYBODY
We build strong kids, strong families, strong communities.