



Y PERSONAL TRAINING

WHY MEET WITH A Y PERSONAL TRAINER?

- Receive positive encouragement, motivation and accountability.
- Work with a certified professional.
- Establish realistic and attainable goals.
- Develop an exercise program specific to your individual needs and goals.
- Assure proper exercise technique, program design and progression.
- Avoid boredom and plateaus.
- Maximize results in the time you have.

RATES

1 HOUR:	\$50
3 HOURS:	\$135
6 HOURS:	\$255
10 HOURS:	\$400

Personal Training Packages can be purchased for 30 minute or 60 minute sessions and may include resistance and/or cardio training designed around your specific goals. Sessions expire 1 year after date of purchase



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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