DISCOVER THE POWER OF YOU

Reach your goal with Personal Training

Whether your personal goal is to build core strength, increase flexibility, lose fat, gain muscle strength, or break through plateaus, Y Personal Trainers can help you achieve it. Our personal trainers can also show you how exercise and movement can improve your day-to-day quality of life. Regular exercise can help reduce stress, manage chronic pain, increase energy and build self-confidence – enabling you to achieve a balance in spirit, mind and body.

Working with a Personal Trainer will help you attain your goals whatever they may be.

All of our personal trainers are certified and will:

• Create custom workouts for your specific goals
• Provide motivation and offer fitness advice
• Provide a variety of workouts to keep you interested and challenged, while teaching you to have fun exercising.

PERSONAL TRAINING OPTIONS

(1) One hour or (2) half hour sessions $50
(3) One hour or (6) half hour sessions $135
(10) One Hour or (20) half hour sessions $400

For More Information:
Call 732 341 9622 ext 2223 or email PersonalTrainers@ocymca.org