



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

PERSONAL TRAINING

# MOTIVATION, SUPPORT SUCCESS

New to training? Ready to start again?  
**Try 3 personal training sessions for \$99.**  
 Three 45-minute sessions are the perfect way  
 to get your wellness journey on track. Feel  
 strong, stay strong.

- Establish realistic goals • Personalized programs
- Proper technique • Overcome wellness plateaus
- Positive encouragement & motivation

**WHEN: BY APPOINTMENT**

**WHO: MEMBERS\***

**WHERE: HILLSBOROUGH YMCA  
 SOMERSET HILLS YMCA  
 SOMERVILLE YMCA**

**COST: \$99**

\*New members and members who haven't purchased personal training here for over a year.  
 Limited to one package per person.



**For more information contact:**

**HILLSBOROUGH YMCA**

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**SOMERSET HILLS YMCA**

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**SOMERVILLE YMCA**

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**SOMERSET COUNTY YMCA**

Facebook.com/SomersetCountyYMCA

Twitter.com/scymca

Association Office  
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The Y is the nation's leading nonprofit committed to strengthening the community through youth development, healthy living and social responsibility. At Somerset County YMCA, we believe everyone, regardless of age, income or background, should have the opportunity to learn, grow and thrive. For information about Somerset County YMCA and financial assistance, visit us at [www.somersetcountyyymca.org](http://www.somersetcountyyymca.org).