

# PERSONAL TRAINING



REACH YOUR  
FITNESS GOALS  
**ANYTIME**

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**YMCA of Pueblo**  
3200 E Spaulding Avenue

Call us at  
719-543-5151

Visit us at  
[www.puebloyymca.org](http://www.puebloyymca.org)

Follow us on



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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PERSONAL TRAINING YMCA OF PUEBLO

## MY FIT PLAN

Get to know your trainer, create goals, discuss finances, and see if we are a good fit for YOUR health goals for FREE!

Call 543-5151 to set up your appointment with a personal trainer today!

**“In 12 weeks, I lost 10lbs,  
DROPPED 4 DRESS SIZES,  
and decreased my  
body fat by 7%!”**

**-Vicki Zanini**

## BUDDY SESSIONS

Personal training doesn't have to be intimidating. Bring a friend and SPLIT the cost!

**FIVE** 1 hour sessions - \$290

**TEN** 1 hour sessions - \$500

**“I now have  
MUSCLE DEFINITION,  
which is something  
I really love.”**

**-Deb Hinkle**

## PERSONAL TRAINING PACKAGES

**THREE** 1 hour sessions - \$120

**FIVE** 30 minute sessions - \$150

**FIVE** 1 hour sessions - \$220

**TEN** 30 minute sessions - \$250

**TEN** 1 hour sessions - \$410

**TWENTY** 30 minute sessions - \$440

