



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GEAR UP YOUR EXERCISE PROGRAM PERSONAL TRAINING

For Better Results

Goals of the program

Our trainers will develop a personalized exercise program to fit your needs and goals. Our personal training program is committed to provide education, support and motivation to help you achieve your wellness goals.

RATES

We have the best rates in town!

1 Hour Session: \$24 6 Hours Package: \$110

1 Hour Duo (2 people) Session: \$40

6 Hours Duo (2 people) Package: \$200



To schedule a free consultation, please call Rafael Cano at 908-355-9622 or via email at rcano@ymcaeuc.org