



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](mailto:rcano@ymcaeuc.org)**