



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MEET THE TRAINERS AND GET INSPIRED!

FREE PERSONAL TRAINING EVENT YORK BRANCH YMCA

January 9 (Tues.) and January 12 (Fri.), 2018

1:00 p.m. – 4:00 p.m.

5:00 p.m. – 8:00 p.m.

Screenings and Information:

- Meet and Greet the Trainers
- Complete a Fitness Assessment
- Purchase Personal Training Packages
- Ask Questions

Learn by:

- Speaking with a Personal Trainer
- Completing a Wellness Orientation
- Participating in a FREE 30 min Small Group session



This FREE event is open to the community, YMCA members, and staff.
Register now to secure your free appointment.

For more information and to register contact:
Teleza Thomas at: 717-843-7884 Tthomas@yorkcoymca.org

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