



# PERSONAL TRAINING

## Kids and Teens



### PERSONAL TRAINING STARTER PACK for Kids and Teens

Ages 10 and up | 4, ½ hour sessions or 2, 1 hour sessions \$99

**Our Personal Training team is here to help our youth get healthy! We offer sport specific, general fitness and injury prevention. Please fill out a Personal Training Request form available at any of our branches or on our website.**

**OUR GOAL IS  
TO HELP YOU  
REACH YOURS**

**SIGN UP TODAY!**

Stop by the wellness desk or visit  
[gymca.org/program/personal-training](http://gymca.org/program/personal-training)