



CELEBRATION WEEK

Specialty Wellness Programs • YMCA OF THE FOX CITIES

Personal Training | Synergy Small Group Training | Warrior Workout | Nutrition | Pilates Reformer

September 18-23, 2023



PERSONAL TRAINING, SYNERGY SMALL GROUP TRAINING AND WARRIOR WORKOUT

These programs can help you radically transform your fitness level and reshape your life! Our certified Personal Trainers will help you get started, stay motivated and reach all your goals safely, effectively and with maximum results!

PILATES REFORMER

Get all of the core building benefits of Mat Pilates and take it a step further for a one-of-a-kind workout. A private or semi-private lesson can help to deepen your practice by exploring the fundamentals of reformer, specific breathing techniques, alignment adjustments and modifications.

NUTRITION COACHING

More than just focusing on what you eat, you will get a program personalized by a Registered Dietitian to assist in meeting caloric and nutrient needs and healthy eating habits for your activity level.

Bring a friend! Y Members and a friend will get a FREE Synergy* or Warrior* class, or may join you during your Personal Training* session FREE during Celebration Week from September 18-23!

***LEARN MORE AT ymcafoxcities.org**



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ACTIVITIES AT THE BRANCHES

Meet the Trainer

Our professionals will be available to answer your health and fitness-related questions to help you work towards achieving long-term, sustainable results.

Information Tables in Branches

Learn about all of the Y's Specialty Wellness Programs.

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*see Y app for class days/times

PERSONAL TRAINING PROMOTION -September 18-30

Purchase Individual Personal Training or Nutrition packages (4, 6, 8, 12, 20) and receive 15% Off!

- Does NOT include Post Rehab, Partner, Private Group, Synergy or Warrior packages
- Available for new and existing Personal Training clients!

**15%
OFF**