



# CONFIDENCE BEGINS THIS SUMMER

## Summer Shape-Up Special

### INDIVIDUAL PERSONAL TRAINING PACKAGES

BUY 24 SESSIONS

**GET 3 FREE**

BUY 12 SESSIONS

**GET 2 FREE**

BUY 8 SESSIONS

**GET 1 FREE**

### PARTNER PACKAGES

BUY 12 SESSIONS

**GET 2 FREE**

### › Need extra motivation to get in shape this summer?

Connect 1-on-1 with a certified personal trainer, or train alongside a partner for added accountability and support. Take advantage of this limited-time offer before July 31, 2026.

### › Not sure if personal training is right for you?

Visit the Business Desk to request a FREE consultation with a certified personal trainer.

### › Learn more online!

**GWCYMCA.ORG/PERSONAL-TRAINING**

Valid only on individual and partner personal training packages for YMCA members ages 12 & up. Individual Shape-Up Special packages may be purchased as 30- or 60- minute sessions. Partner training packages are available as 60-minute packages only. Limit one purchase of each package type per member. Free sessions are applied at the prepaid package rate and may be used for in-person or virtual training. Promotional sessions expire December 31, 2026. Other restrictions may apply.

**Limited Time Offer  
July 1 – July 31**

**Request a Trainer Today!**

