



PERSONAL TRAINING SERVICES

ADULT INDIVIDUALS

One 60 Min Session:
\$50 for Members
\$65 for Non-Members

**Ten 30 Min or
Five 60 Min Sessions:**
\$185 for Members
\$200 for Non-Members

ADULT DUO

One 60 Min Session:
\$35/person for Members
\$45/person for Non-Members

**Ten 30 Min or
Five 60 Min Sessions:**
\$110/person for Members
\$120/person for Non-Members

YOUTH INDIVIDUALS

One 60 Min Session:
\$40 for Members
\$55 for Non-Members

**Ten 30 Min or
Five 60 Min Sessions:**
\$155 for Members
\$170 for Non-Members

YOUTH DUO

One 60 Min Session:
\$30/person for Members
\$40/person for Non-Members

**Ten 30 Min or
Five 60 Min Sessions:**
\$90/person for Members
\$105/person for Non-Members

BENEFITS OF PERSONAL TRAINING

- ◆ SET REALISTIC GOALS
- ◆ PERSONALIZED PROGRAM
- ◆ CONSISTENT MOTIVATION
- ◆ KEEPS YOU ACCOUNTABLE
- ◆ ADVOCATES HEALTHY CHOICES
- ◆ TEACHES LIFESTYLE BEHAVIORS

OUR PERSONAL TRAINERS

- ◆ CHRIS ANDERSON
- ◆ CHRISTOPHER GLOVER
- ◆ KENDIL SNOW-BLACK

- ◆ TONY ATLAS
- ◆ NICOLE OBERLANDER
- ◆ KIMBRE VARNEY

- ◆ MADISON COTE
- ◆ RANDALL SMITH
- ◆ ERIC VATTASO

OUR THREE LOCATIONS:

Y Downtown 62 Turner Street, Auburn
Y CMMC 12 High Street, Lewiston
Y Health Club + Spa 1977 Lisbon Road, Lewiston

FOR MORE INFORMATION CONTACT:

Nicole Oberlander
Executive Director of Health, Wellness, & Fitness
207-795-4095 EXT 209 noberlander@alymca.org