



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

8 OUR PERSONAL TRAINERS

- | | | |
|----------------------|---------------------|-----------------|
| ◆ CHRIS ANDERSON | ◆ TONY ATLAS | ◆ MADISON COTE |
| ◆ CHRISTOPHER GLOVER | ◆ NICOLE OBERLANDER | ◆ RANDALL SMITH |
| ◆ KENDIL SNOW-BLACK | ◆ KIMBRE VARNEY | ◆ ERIC VATTASO |

Please note that all personal training sessions expire one (1) year following initial purchase.

OUR THREE LOCATIONS:

Y @ Turner St 62 Turner Street, Auburn
Y @ CMMC 12 High Street, Lewiston
Y @ Health Club + Spa 1977 S. Lisbon Road, Lewiston

FOR MORE INFORMATION CONTACT:

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