



NEW YEAR

NEW YOU!

Personal Training Packages!

Individual • Buddy • Small Group

Individual Session Package

1 Person	Portage Y Member
3 sessions	\$60
5 sessions	\$100
10 sessions	\$200

Buddy Session Package

2 People	Portage Y Member
3 sessions	\$30/person
5 sessions	\$50/person
10 sessions	\$100/person

Small Group Session Package

3-5 people	Portage Y Member
3 sessions	\$22.50/person
5 sessions	\$37.50/person
10 sessions	\$75/person

***YMCA Member Rates Only**
(Non-Member Special Rates Unavailable)

**Purchase between
January 2nd—February 15th**

All packages expire 6-months from purchase.

For more information please contact:
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