



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EXERCISE YOUR HEART TODAY

WITH OUR WINTER EIGHT PACK

IT IS TIME TO EXERCISE YOUR HEART! Maximize the results of your workouts this winter and take advantage of this winter offer. The Y is here to help you stick to a healthy living plan for success in 2017!

PERSONAL
WELLNESS
TRAINING

\$380
8 SESSIONS



Includes a Y Winter Scarf!

INCLUDES:

- Full Functional Assessment
- Goal Planning and Behavior Modification
- Custom Program Plan
- Post Functional Assessment
- Fun and Encouragement

PROGRAM AREAS OF EXPERTISE

- Weight Loss and General Fitness
- Corrective Exercise / Post Rehab
- Strength and Conditioning for Performance
- Chronic Disease Management
- Race Training Prep



800.473.9622

www.ymcadc.org

www.facebook.com/YMetroDC

*Limit one purchase per person. Offer ends 2/28/17. Prior to participation in personal wellness training, participants must have first provided the YMCA with their completed Personal Wellness Profile and signed Personal Wellness Training agreement. Participants that have any health concerns should first talk with their doctor before exercising. Please talk with a YMCA Wellness coach for additional offer details.

**PERSONAL WELLNESS
TRAINING OFFER**