

NOW OFFERING OUTDOOR PERSONAL TRAINING



Meet with one of our certified personal trainers for either a one-on-one session or grab three close friends or family members for a small group training session. Our trainer will develop and implement a specialized program designed to help you reach your health and fitness goals. Whether you're just trying to improve your overall health, or trying to achieve a specific fitness goal, let one of our trainers help you maximize your potential.



TRAINING PRICES	FREEHOLD FAMILY YMCA LOCATION		RED BANK FAMILY YMCA LOCATION		OLD BRIDGE FAMILY YMCA LOCATION	
	SINGLE	SMALL GROUP*	SINGLE	SMALL GROUP*	SINGLE	SMALL GROUP*
1 Session (30 Minutes)	\$30	—	\$30	—	\$30	—
3 Sessions (1 Hour)	\$168	\$480	\$180	\$480	\$156	\$480
5 Sessions (1 Hour)	\$270	\$700	\$275	\$700	\$250	\$700

* 4 people

Learn more & register at ymcanj.org/outdoor-training

YMCA OF GREATER MONMOUTH COUNTY

170 Patterson Avenue
Shrewsbury, NJ 07702

732.671.5505
info@ymcanj.org

YMCA NJ.org



720-5370-THQ

Here for all.

Financial assistance is offered based on availability of funds.