



# OLD BRIDGE FAMILY YMCA FIND YOUR FIT!

## Y Members:

Take your health  
to the next level with  
our YMCA Personal  
Training Holiday Special.

**NOV. 25-DEC. 31**

1 Session      \$60

**Buy 10, Get 2 FREE**

12 Sessions    \$400

**Buy 20, Get 4 FREE**

24 Sessions    \$760

\* Y member promo only. One package  
per client. Non-transferable.  
Must redeem 1 year from  
purchase date.

Step up for individualized support,  
motivation and results with the Y's  
personal training team!

To purchase or learn more,  
contact Val:  
[vcottone@ymcanj.org](mailto:vcottone@ymcanj.org)

**MEET OUR PERSONAL  
TRAINING TEAM**

**OLD BRIDGE FAMILY YMCA**  
YMCA OF GREATER MONMOUTH COUNTY  
1 Mannino Park Drive  
Old Bridge, NJ 08857

732.727.0704  
[oldbridge@ymcanj.org](mailto:oldbridge@ymcanj.org)

[YMCA.NJ.org](http://YMCA.NJ.org)

1122-6546-0BY

**Here for all.**  
Financial assistance is offered  
based on availability of funds.

# OLD BRIDGE FAMILY YMCA

## OUR PT TEAM



### TAMARA GRIEBELL



**T**amara is NASM Personal Trainer Certified. She specializes in Corrective Exercise, TRX suspension Training, Aqua Kinetics/Aqua Performance, Functional Movement Screening, Group Fitness Exercise, Special Population and Wellness. Tamara loves to help people get healthier and fit and make a difference in other people's lives. Fun fact Tamara loves the beach and summertime.

### JERMAINE TUITT



**J**ermaine is a NASM Personal Trainer, NASM Group Personal Trainer Specialist, TRX Certified Trainer, NASM Golf Fitness Specialist, NASM Integrated Balance Training, Everlast Certified Strike Specialist. How to stretch and mobilize Certified, Diet and Nutrition Certified. Jermaine has always been conscious and passionate about health, fitness, exercising, and nutrition.

Being a Personal Trainer allows him to practice what he loves daily while enhancing and improving his clients quality of life.

For more information, e-mail us  
at: [vcottone@ymcanj.org](mailto:vcottone@ymcanj.org)

[ymcanj.org](http://ymcanj.org)