

**TONE YOUR  
BODY  
TONE YOUR  
SPIRIT  
TONE YOUR  
MIND**



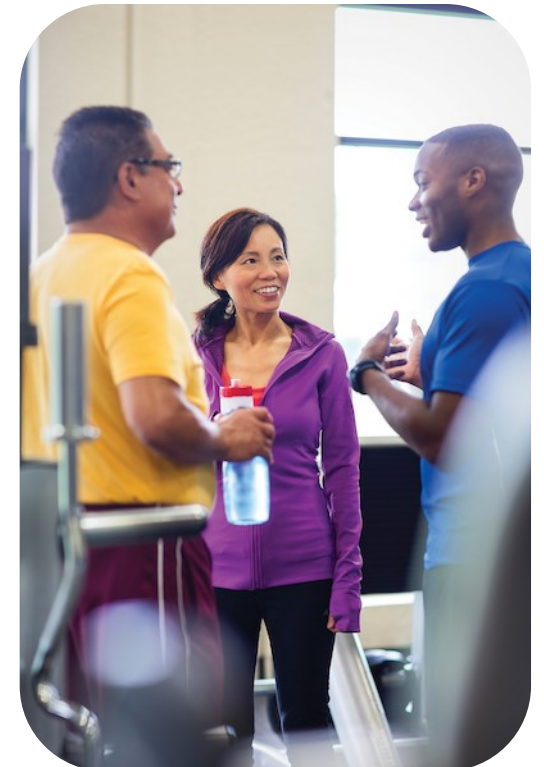
**DUNELAND FAMILY YMCA**  
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CHESTERTON, IN 46304  
P 219 926 4204  
W [dunelandymca.org](http://dunelandymca.org)



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

**MOTIVATE  
EMPOWER  
SUCCEED**

**Personal Training  
THE DUNELAND YMCA**



## Small Group Personal Training

This unique training opportunity focuses on getting you results through power in numbers. Exercising with 2-4 friends is always more fun than exercising alone! A certified Personal Trainer will guide the group and make sure everyone meets their goals!

- (1) hour session \$20/person
- (5) hour sessions \$85/person
- (10) hour sessions \$150/person



## Personal Training

Whether you're age 13 or 75 an experienced or beginning exerciser, our Certified Personal Trainers will help you reach your health and fitness goals this year. Before meeting with your Personal Trainer complete a Physical Activity Readiness Questionnaire (PAR-Q), and obtain medical clearance if necessary.

## Personal Training Packages

- (5) one hour sessions for \$145 or
- (10) one hour sessions for \$275

Create a personalized program with your personal trainer who will support you with coaching and motivation to help you live, look and feel better.

## Individual Personal Training

- (1) Personal Training session is available for \$30/hour

Questions? Contact  
Ashley Hall at  
[ahall@dunelandymca.org](mailto:ahall@dunelandymca.org)  
or 219.926.4204

## TRX Suspension Training

TRX Suspension Training is a revolutionary method of suspension training using bodyweight to perform exercises. With one of our certified trainers, you can safely perform exercises that build strength, power, and mobility and can help prevent

TRX Training is available for the same rates as Personal Training.



**TRX**<sup>®</sup>  
Suspension Training<sup>®</sup>