

Y HEALTH & FITNESS TM

We build strong kids, strong families, strong communities.

Meet our Personal Trainers:

Tom Capezio, Sue Dascher, Bill Freeland, Randy Holsapple, Rachael Lawrence, Matt Matters, Tracey Simmons, Amanda Summers & George Zebley.

YMCA Trainers have been trained by the best and reflect the YMCA's mission of helping individuals reach their full-potential. No matter where you are on the fitness spectrum, our trainers are there for you. From the athlete-in-training to the more casual health seeker. Our trainers can develop a plan that is right for you. They will assess your strengths in multiple areas and work with you to set goals that make sense and adjust the plan as you progress and be there to keep you from slipping back. **Here's to your Health!** Cancellations are accepted 24 hours in advance.

Beginner Package \$55 per session \$65 per session for Non-Member	4 week Package 1x week \$220 Member \$260 Non 4 sessions	5 week Package 1x week \$275 Member \$325 Non 5 sessions	6 week Package 1x week \$330 Member \$390 Non 6 sessions	
Starter Package \$40 per session \$50 per session for Non-Member	4 week Package 2x week \$320 Member \$400 Non 8 sessions	4 week Package 3x week \$480 Member \$600 Non 12 sessions	4 week Package 4x week \$640 Member \$800 Non 16 sessions	4 week Package 5x week \$800 Member \$1,000 Non 20 sessions
Silver Package \$35 per session \$45 per session for Non-Member	8 week Package 2x week \$560 Member \$720 Non 16 sessions	8 week Package 3x week \$840 Member \$1,080 Non 24 sessions	8 week Package 4x week \$1120 Member \$1440 Non 32 sessions	4 week Package 5x week \$1,400 Member \$1,800 Non 40 sessions
	Single Sessions \$60 Member \$70 Non-Member	1/2 Hour Sessions \$30 Member \$35 Non-Member		

YMCA Aerobics...

The YMCA of Cecil County hosts a wide variety of energizing & *invigorating* aerobic classes led by certified, knowledgeable instructors. At the YMCA, our group exercise classes are filled with individuals just like you who are trying to improve their overall health and wellness. Participating in a group exercise class is a fun way to get the motivation and support you need to achieve your fitness goals. From classes that burn calories, help you gain strength, or focus on a mind-body connection, including flexibility, core strength we have them all. Class information, session dates and times are available in a separate brochure.

Group Training...

Do you struggle making your workout a part of everyday? Group training is a cost-effective training option that lets you work with a certified personal trainer as part of a group of 3-10 training partners. You can bring your own group or we'll help you put one together. A great way to get connected and stay motivated! Contact one of our Personal Trainers for more information regarding a Group Training. Cost and session times



Partners in Training...

Keeping up with a fitness program is a lot easier when you have a *friend* who is committed to doing the same. Partners in training makes it possible for two members with similar goals to work with one trainer. Both parties must be present upon registration.

Member	Non-Member
\$30 each 1 session	\$45 each 1 session
\$75 each 3 sessions	\$90 each 3 sessions
\$125 each 5 sessions	\$140 each 5 sessions

