

IT'S OK TO CARVE OUT SOME TIME FOR YOURSELF!

Invest in yourself and see how easy it is to

Fit Fitness into Your Life

Reach your dream goals with your desire and our trainers' skills!

- Sessions scheduled around your lifestyle
- Personal Fitness Assessments
- Packages for ages 12 and up
- Cross Training for the young Athlete
- Aquatic Personal Training

See list of available packages on reverse.

Contact

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**ACTIVATE
AMERICA™**



The YMCA of Burlington County is the not-for-profit 501(c)(3) charitable corporation that is building strong kids, families and communities through programs designed to improve an individual's spirit, mind and body.

Top 5 Reasons Why You need a Personal Trainer

1. Customized Workout

Workouts customized to your specific fitness goals, limitations, and fitness level.

2. Motivation

Your personal trainer gives you commitment and offers the motivation for you to achieve a high intensity workout that cannot be duplicated!

3. Safety and Injury Prevention

Your trainer specializes in understanding the fundamentals to provide a safe and effective workout every time!

4. Increased Mobility

Your trainer will teach you how to properly stretch to improve mobility, performance, posture, and reduce stress.

5. Learn Lessons that Last a Lifetime

Your personal trainer will work with you to achieve optimal health and well-being building a foundation that will last a lifetime.