



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MAXIMIZE YOUR TIME FOCUS YOUR ENERGY GET RESULTS

## PERSONAL TRAINING

Individual cost/session\*: \$40-60 (varies per trainer and quantity purchased)

Cost for two people/session\*: Buy one, get one half off

\*Each session is custom designed to meet your specific needs and goals.

To get started today, directly contact one of our highly trained and certified personal trainers below:

Aaron Hollis	706-593-5757	aaronhollis1@gmail.com
Andie Blanchard	706-570-5697	andietb@bellsouth.net
Candice Person	706-289-9717	candip1515@gmail.com
Courtney Goodson	817-901-6763	blondechicky9125@aim.com
Jeanette Wisenall	706-329-1884	jeanandbry@yahoo.com
Sheryl Murphy	706-573-4854	ssmurphy8@aol.com

For additional information, contact Jillian Albe (jmclachlan@ymcacolumbusga.com).