

The ***Personal Training Program*** provides our members with a premium personalized fitness training experience. It is a fee-based program designed to benefit you by providing hourly sessions with a certified personal training specialist. Initially, our personal trainers will screen and evaluate the member's fitness levels. Then a well-designed, individualized exercise program will be administered through safe and effective one-on-one consultations. Available to Full Members only. If you are interested, contact our Member Services today at (360) 357-6609.

**Gift certificates are also available.**



Olympia Downtown YMCA



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## Olympia Downtown YMCA

510 Franklin Street SE  
Olympia, WA 98501  
(360) 357-6609

# Personal Training



[www.olympiadowntownymca.org](http://www.olympiadowntownymca.org)



*We build strong kids,  
strong families,  
strong communities*

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