



SPEED. SKILL. WILL.

Y-FIT JV

Teaches fundamental exercises for all sports—push, pull, run, throw, climb, lift and jump. Coaches monitor movements to ensure safety with emphasis on form. Sessions are 1 hour long and are made by appointment only.

Session Rates:

3 Sessions: \$60 (M) / \$70 (NM)

6 Sessions: \$110 (M) / \$120 (NM)

9 Sessions: \$165 (M) / \$175 (NM)

***Group Rates are also available!**

***Non-refundable**

Choose your trainer and workout schedule!

Contact bgoss@fultonfamilyymca.org

