



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

PERSONAL TRAINING!

ACHIEVE YOUR GOALS WITH A CERTIFIED PERSONAL TRAINER

At the Billings Family YMCA, a Personal Trainer is a coach, motivator, educator and inspirational leader who can help you determine your goals and design a program specific to your needs.

We have a large number of nationally-certified and professional trainers ready to work with you to reach those health and fitness goals!

Call our Wellness Coordinator today about available trainers and setting up your first consultation for FREE*!

*Also available with the purchase of a Personal Training Contract.

COSTS: Contracts and pricing available at the Membership Desk.



406-248-1685
402 N. 32nd Street
Billings, MT 59101
www.billingsymca.org