

One-On-One Fitness Orientation

Meet with a fitness professional and learn more exercises that are right for you.

Cardio and Strength basic training instruction will be provided.

60-minute Session Fee: \$25

Please note: For customized workout program design, please see the welcome center for Personal Training options. One-On-One fitness orientations are not designed to be a substitute for personal training.



300 Ridge Road., McKinney, TX 75070 972-529-2559 www.mckinneymca.org

YMCA Mission: To put Christian values into practice through programs that build healthy spirit, mind and body for all.
Financial assistance is available.