



# PERSONAL TRAINING

The mission of the YMCA is to put Christian values into practice through programs that build healthy spirit, mind and body for all!  
Income based membership and financial assistance is available.

## Get the most out of your workouts!

Our personal trainers are qualified, nationally certified professionals that will design your 60 minute workout and lead you through each exercise providing guidance and motivation in a comfortable, friendly environment.

**Strength & Conditioning - Sport Specific Training - Active  
Older Adult Training - Family Team Training**

60 minutes for \$50/per session

Save by purchasing your sessions in a bundle!

5 Sessions — 5% Off

10 Sessions — 10% Off

Double up training-\$76/per session

(Double up training requires 2 participants per session.

Each participant pays \$38 per session)



300 Ridge Road., McKinney, TX 75070 972-529-2559 [www.mckinneymca.org](http://www.mckinneymca.org)

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