



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PERSONALIZED ATTENTION FOR LASTING RESULTS

Through January 31st,  
**get a 5 pack** of  
Personal Services  
**for the price of 4**  
*(a potential savings of more than \$72)*

**Personal Training**  
**Massage**  
**One-on-One Nutrition Consulting**  
**Fitness Assessments**

Bring this flyer to the Sterling Y  
Welcome Center to redeem.

*\*Limit 2 "reduced packages" per member \*Incentive includes One on One, semi-Private or Group Personal Training packages\* \*Final price @ registration with incentive for: One on One Personal Services is 220.80, Semi-private Personal Services is 283.20, and Group Personal Services is 291.20.*



**YMCA Gift Cards are also now  
available at our Welcome Center!**

**\*This incentive cannot be combined with any other offer  
including staff discounts\***

