

## **Free to YMCA Members YMCA – 12-Week Personal Fitness Program**



Y Personal Fitness is specifically designed for new or returning exercisers. Our trained staff offers the step-by-step guidance, motivation, and structure needed to start and commit to a fitness routine and, ultimately, to a more active lifestyle.

### **We want to help you:**

- Move into the action stage of behavior change
- Develop a routine of exercising 3 days per week
- Learn the basic principles of exercising in a non-intimidating manner

### **Ask yourself the following questions to see if Y Personal Fitness is appropriate for you.**

- Has it been more than 6 months since you've been in a regular exercise program?
- Do you need a little extra motivation to stay in the habit of exercising?
- Do you lack the self-confidence to be successful in an exercise program?

If you answered yes to any or all of these questions, Y Personal Fitness is right for you. Stop in today to speak with one of our fitness trainers. They can help you achieve a healthier lifestyle.