

# Personal Training Fall Special

October 16 - 26, 2009  
Big Savings!



## Select from:

- One-on-One Personal Training
  - Training for Two
  - Trio Training
- Aquatic Personal Training



**Schedule a trainer at your favorite**

**Mission Valley YMCA site:**

**Friars Road (land) • 619-298-3576, ext. 4002**

**Friars Road (aquatic) • 619-298-3576, ext. 4003**

**Hazard Center • 619-298-3576, ext. 2303**

**Toby Wells • 858-496-9622, ext. 3012**

**Prices and restrictions apply; see back of flyer.**



**Mission Valley YMCA • 5505 Friars Road • 619-298-3576**

# Personal Training

## *Land & Aquatics*

### One-on-One Personal Training

Number of Sessions	Savings	Cost of Package
5 Sessions	\$20	\$210
8 Sessions	\$40	\$312
12 Sessions	\$60	\$420
20 Sessions	\$80	\$720

### Training For Two

Number of Sessions	Savings	Cost of Package
5 Sessions	\$30	\$260
10 Sessions	\$50	\$480

### Trio Training

Number of Sessions	Savings	Cost of Package
5 Sessions	\$30	\$320
10 Sessions	\$50	\$550

### Restrictions:

- Packages must be purchased during special
- Unused sessions expire in six months
- No refunds
- Sessions are 55 minutes in length
- Training for Two and Trio Training fees are charged per session regardless of number attending
- One package per customer
- Offer cannot be combined with any other discount
- Sessions must be conducted where package is purchased