



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NEW YEAR, NEW YOU

The New Year is the perfect time to recommit to your health and wellness goals. Check out all these ways to keep you motivated and help you achieve the results you are after!

Personal Training Holiday Special

Buy a 10 or 20 Pack of Personal Training Sessions, Get One Session Free!

10 pack \$495; 20 pack \$875

Introductory Client Special

Receive five 55-minute personal training sessions for just \$199. Offer is limited to first time personal training participants only. Please visit our Membership Services desk to sign up or learn more.

Mind Body Package

The Mind Body Package is one of the many ways at the Y you can maintain or improve your health and wellness. The Mind Body Package includes one massage, Reiki session and personal training session.

30 minutes of each \$99

55 minutes of each \$169

Bootcamp

These 45 minute calorie burning workouts are designed to keep you challenged and on track in meeting your goals. See **Melissa in the Wellness Center** for your **one free Bootcamp class!**

Massage

Relieve holiday stress with a massage. The Y has a nationally certified licensed massage therapist with many years of experience. Massage sessions are specifically tailored for you using a variety of relaxation techniques. Schedule and pay for your appointment at the front desk today!

For more information contact Melissa Yuchasz at 858-453-3483 ext 12831 or visit the Wellness Center.

