



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EMPOWER YOUR FITNESS JOURNEY!



Personal Training

FEES: \$50 an hour for one on one personal training

Discover the benefits of personal training for all levels and interests. Whether you're looking to enhance your routine or explore new fitness horizons, our expert trainers are here to support every step of your journey.

Learn more and register at the Welcome Desk or online.

Contact Mary Latta for more information!

mlatta@whatcomymca.org



**SCAN TO
LEARN MORE
& REGISTER!**

WHATCOM FAMILY YMCA
1256 N State St, Bellingham, WA, 98225
360 733 8630 | whatcomymca.org

Cancellation Policy: The YMCA must receive notice of cancellation 12-hours prior to scheduled appointment. Contact your trainer or Mary to reschedule a training. If cancellation is not provided within 12 hours, scheduled session will be forfeited.