



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AFFORDABLE RATES PERSONAL SERVICE

Money should never be a barrier to good health. Our personal trainers can personalize your workout and start you on the road to better health. With our new rates, all personal training sessions are affordable.

Members: \$25/hour

Potential members: \$37.50/hour

Meet our trainers and learn about their specialties on our website.

## Personal Trainers

Brooke Staniec

Brittany Beier

Chloe Wilaby

Allyse Proctar

Hilary Moore

Malisa Meldrim



SUMTER FAMILY YMCA  
510 Miller Road  
Sumter, SC 29150  
803-773-1404  
ymcasumter.org



**Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.**