



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AFFORDABLE RATE PERSONAL SERVICE

Personal training

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

30-Minute sessions per hour: \$15.00/members, \$22.50/potential members

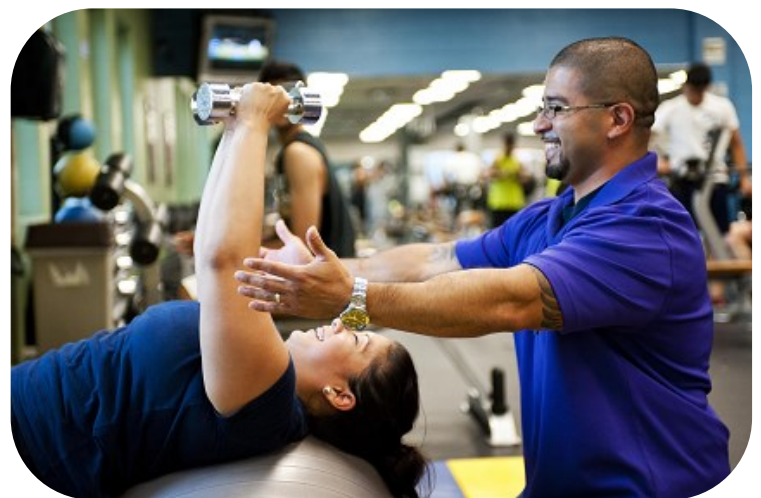
60-Minute sessions per hour: \$30.00/members, \$45.00/potential members

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

Personal Trainers

Brooke Staniec
Chloe Wilaby
Allyse Proctor

Hilary Moore
Vangelica Vasquez



SUMTER FAMILY YMCA
510 Miller Road
Sumter, SC 29150
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ymcasumter.org

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