

## **How Do I Get Started?**

Contact one of the following YMCA's:

Bethany: 789-0231

Downtown: 297-7700

Earlywine Park: 378-0420

Edmond: 348-9622

North Side: 751-6363

Midwest City: 733-9622

YMCA mission: To put Christian principles into practice through programs that develop a healthy spirit, mind and body for all.

**Do you want to start exercising but don't know where to start?**

**The YMCA Personal Fitness Program makes it easy to get started in the right direction.**

- *Safe way to start*
- *4 personal one on one sessions*
- *Step by Step Instruction*
- *Motivation*
- *Efficient workout that is fun and challenging.*

**YMCA**

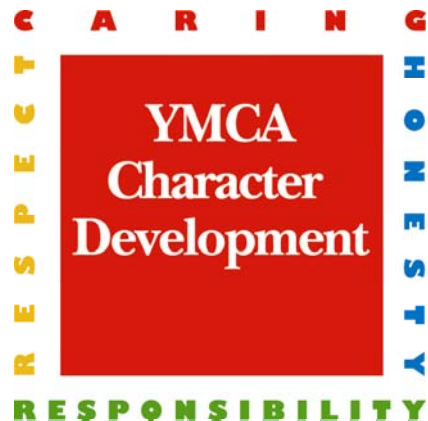
**Personal  
Fitness  
Program**

**12 Weeks to a  
Better You**



We build strong kids, strong families, and strong communities.

# YMCA PERSONAL FITNESS PROGRAM



## What is the Personal Fitness Program?

### What is the Personal Fitness Program?

A step by step exercise program developed by the YMCA of the USA based on the latest research for new or returning exercisers. The program provides guidance, motivation, and structure to start and stick with your exercise program, which creates a healthier, more active lifestyle.

## How Much Does it Cost?

- The Personal Fitness Program is **FREE** to YMCA Members!
- Non members will be charged \$125.00 for the entire 12 weeks. Financial Assistance is available .

## Program Goal

This is a 12-week program designed to help the ready-to-be fit individuals who are new or returning exercisers. Through a personal empowerment approach, the program helps individuals move into the action stage of behavior change, which will make you develop a healthier spirit, mind and body.

The ultimate goal of the program is to empower all members to become independent exercisers with the ability to problem solve and make good decisions about their exercise behaviors.