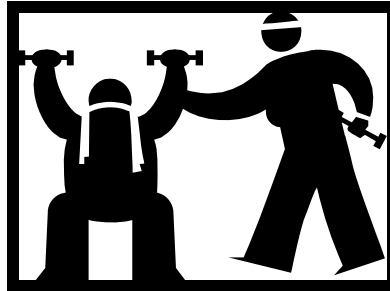


Bethany YMCA

3400 N Mueller, Bethany, Oklahoma 73008
405-789-0231

One on one training with a certified personal trainer who will:

- **Design a personal program based on your needs, goals and objectives.**
- **Teach you safe, proper and effective techniques.**
- **Help you stay motivated to obtain your goals.**



Individual 55-60-minute Sessions

1-5	\$40/session
6-11	\$35/session
12 and up	\$30/session

Partner 55-60-minute Sessions

1-5	\$55/session
6-11	\$50/session
12 and up	\$45/session

All paperwork must be completed in advance and all sessions must be paid for in advance. If you are interested in personal training, please visit the front desk or the fitness staff, and leave us your name and phone number and our Fitness Coordinator will call to answer your questions.

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

YPERSONAL TRAINING™

We build strong kids, strong families, strong communities.