



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SET GOALS INTENSIFY RESULTS

Personal Training

YMCA of the Sandhills

Are you new to the YMCA? Or are you looking to push yourself and work for the results you desire? Let our certified personal trainers help you along the way to achieve your fitness goals! Call your local YMCA to schedule your session today!



- Member Only Benefit
- Fee: \$19/1 hour session

HOURS: Mon-Th 5:30am-9:00pm; Fri 5:30am-8:00pm; Sat 8:00am-4:00p;
Sun 1:00p-5:00p

LOCATION: YMCA OF THE SANDHILLS
Phone (910)426-9622
opt.4 (Fayetteville) opt. 5 (Hope Mills) opt 6. (North)
www.ymcaofthesandhills.org