



YMCA OF THE SANDHILLS FIND YOUR FIT!

**Gain confidence,
achieve your goals
and take your health
to the next level with
our YMCA Personal
Training special!**

January 15-31, 2026

**Buy 8 sessions, get 1 free
or
Buy 12 sessions, get 2 free**

***One package per client.
Non-transferable.**

**Step up for individualized
support, motivation and results
with the Y's personal trainers!**

To participate, scan the QR code & complete the form at our website.



Questions? Contact:

FAYETTEVILLE YMCA

Wilton.McCallum@ymcaofthesandhills.org

SALEEBY FAMILY YMCA

Saleeby.Wellness@ymcaofthesandhills.org



YMCA OF THE SANDHILLS

Fayetteville YMCA
2717 Fort Bragg Rd.

Saleeby Family YMCA
107 Carletta Cagle Dr., Cameron

ymcaofthesandhills.org

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