

# UNION COUNTY FAMILY YMCA

**Winter**



**Meltdown**

## **Personal & Team Training Packages**

### ***Last Chance Workout***

***Teams will meet one hour before their scheduled weigh in time to be guided through a fun and effective workout. Workouts must be scheduled a week in advance.***

***One Team Session - \$20/Session***

### ***Game Plan Team Training Program***

***Every successful team has a coach and a committed team of individuals willing to do what it takes to reach their goals. Teams will meet with a trainer for one hour three times throughout the 12 week program to set up a training program and discuss team progress.***

***Three Team Sessions - \$60/Team***

### ***Last Chance Workout Package***

***Teams will meet for one hour once a week to be guided through fun and effective workouts. Workouts must be scheduled a week in advance. This package includes 12 team sessions***

***Twelve Team Sessions - \$240/Team***

### ***Fitness Camp / Hard Core Group Training Package***

***Class specifically designed for Winter Meltdown teams. Teams meet two times per week for one hour for a total of 12 weeks.***

***Twenty Four Team Sessions \$480/Team***

***Winter Meltdown Team and Personal Training packages are for Winter Meltdown participants only and must be a Union County Family YMCA member.***

Union County Family YMCA, 1150 Charles Lane, Marysville, OH 43040, 937-578-4250

[www.unioncountnymca.org](http://www.unioncountnymca.org)



YMCA. We Build Strong Kids, Strong Families, Strong Communities.

