



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RESOLUTION SOLUTION

**\*A \$133 value for only \$100\***

- Are you searching for the perfect Holiday gift?
- Trying to find a way to kick-start your New Year's resolution of getting in shape and losing weight?

From December 19<sup>th</sup> to January 31<sup>st</sup>, the YMCA of Southern Indiana is pleased to offer 3 different personal training and nutrition packages.

**#1** This package includes a fitness test/consultation with one of our Personal Trainers as well as four individual one-hour sessions. Our trainers will help create a workout plan tailored to your fitness goals and the demands of your schedule.

**#2** This package includes a one hour nutrition consultation with our Registered Dietitian, as well as 3 individual one hour personal training sessions with one of our Personal Trainers.

**#3** This package includes 4 one hour nutrition consultations with our Registered Dietitian.

To get started, fill out and return a personal training packet and/or nutrition packet—available at the front desk—and we will help you (or a loved one) begin 2012 on the right path.