



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHANGE YOUR WORKOUT AND CHANGE YOUR BODY!

PERSONAL WELLNESS
Cordera Community Center YMCA

The Cordera Community YMCA is now offering Personal Training!

Let our Personal Trainer, Lisa Barnes, assist you with motivation, challenge, change, safety and accountability!

Personal Trainer Rates

- 1 Session \$50.00
- 3 Sessions \$133.00
- 5 Sessions \$215.00
- 12 Sessions \$483.00

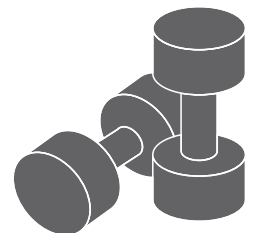
Group Personal Training

(2 people)

- 1 Session \$70.00

Take these steps to begin:

1. Complete the registration form. (Please pick up form at Front Desk)
2. Register & Pay for your sessions at Cordera Community Center.
3. Lisa Barnes will contact you to schedule your sessions.



For more information come by the Community Center or
you may contact us at 719 495 2166.
Our Friendly Staff will be happy to assist you!



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