



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP PERSONAL TRAINING VIA ZOOM OR IN THE PARK!

Want to get fit with your friends? The Family YMCA at Tarrytown is offering an introductory price (\$20 per hour) for a group personal training session with a Certified Personal Trainer scheduled at your convenience!

4 person minimum – no exceptions

FOR MORE INFORMATION CONTACT:

Lesa Dalton
Associate Executive Director
lesad@ymcatarrytown.org
Diane McCarthy
Health and Fitness Coordinator
dianem@ymcatarrytown.org