



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MARCH MADNESS: GET IN SHAPE FOR THE SPRING!

**Personal Training Special: Buy 5 Get 1 FREE!**  
**WEDNESDAY, MARCH 1 TO FRIDAY, MARCH 31, 2017**  
**SAVE UP TO \$86 ON PERSONAL TRAINING!**

During the month of March, buy any 5 Session Personal Training Package and get 1 FREE session! Limited to 2 packages per person or duo.

Work with one of our Certified Personal Trainers to achieve your fitness goals, train for an event, and much more!



For more information, contact Ashley Malone  
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#### **SOUTH AMBOY YMCA**

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