



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MOTIVATION SUPPORT SUCCESS

## PERSONAL TRAINING

Whether it's to lose weight, tone up, get in shape or recover after years of inactivity, let our personal trainers help design and implement an individual exercise routine specific to your goals.

- A program structured just for you by a Certified Personal Trainer
- Nutrition coaching
- One-on-one instruction

### Personal Training Packages

Packages	25-Mins	50-Mins
1 Session	\$40	\$65
5 Sessions	\$175	\$300
10 Sessions	\$300	\$550
20 Sessions	\$500	\$1000

To get started, contact Ixchel Mendoza, Associate Director of Healthy Lifestyles  
(818) 845-8551 \*248 [ixchel@burbankymca.org](mailto:ixchel@burbankymca.org)

