



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOR HEALTHY LIVING

YMCA Nutritional Counseling Professional Guidance for Real Results

One-on-One consultations with our Registered Dietitian include an assessment of current nutrition status, education and counseling for healthier lifestyle.

Nutritional Counseling Pricing

1 Hour \$40 (FM)/\$80 (PM)

Packages Available for YMCA Members Only

3 Hours	\$120 (FM)	1 FREE Personal Training Session (\$40 Value)
6 Hours	\$228 (FM)	10 Sessions
9 Hours	\$324 (FM)	16 Sessions

These packages include:

*60 minute initial session

*30 minute follow-up sessions

Personal Training

Weight loss, body toning, sport-specific training, injury prevention, post rehabilitation are just some of the goals we can help you achieve. Our certified Personal Trainers can help re-energize you to reach your goals, keeping you on the right track to a healthier you!

4 Hours \$160 (FM)

*1 FREE Nutritional Counseling Session (\$40 Value)



Our Mission: The YMCA of Southwestern Indiana Inc., following the example of Jesus Christ, responds to community needs by serving all people, especially youth, through relationships and activities that promote healthy spirit, mind, and body.