

The YWCA Starter Package

- **2 Month Membership**
- **Weight Room Orientation**
- **Body Composition Assessment**
- **2 Personal Training Sessions**



Body Composition Assessment

The body composition analysis is a confidential, professional session in which lifestyle and current health issues are assessed. Each session includes a body composition analysis of girth measurements, a BMI analysis and optional skinfold caliper assessment. Individual results, goals and objectives will be used to develop realistic recommendations to improve health and fitness at the end of each session. This assessment is approximately 45 minutes. Please come prepared with loose clothing.

Personal Training

Personal Training is a safe and practical environment for individuals needing the encouragement of professional trainers. A personal trainer will set up a program for you tailored to your fitness goals and will coach you through your fitness routine. Each individual will receive one-on-one training and will work with the trainer to reach their goals and objectives. Exercises will be advanced as you progress.

\$159

First time members only

525-2141

YWCA Regina

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YWCA
REGINA

A TURNING POINT
FOR WOMEN

UN POINT TOURNANT
POUR LES FEMMES