



# NEW! YMCA Virtual Personal Training

Join in January and get a \$0 Joiner's Fee and your first 30-minute personalized session FREE!

Now offering virtual personal training for new and experienced exercisers:

- Perfect for anyone looking to get started or take their fitness journey to the next level.
- Contact free form of the same customized training the Y is known for.
- Train from the comfort of your own home (or anywhere)!

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Nothing can stop you from reaching your fitness goals, with help from the Y!

To get set up for your first session, or for more information, please email Jonathan Wood at [jwood@ymcanyc.org](mailto:jwood@ymcanyc.org).



**YMCA OF GREATER  
NEW YORK**

Where there's a Y,  
there's a way.