

## THE TRANSFORMATION CHALLENGE

12 Week lifestyle change program that includes:

- Two 55 minute Small Group Training Sessions Weekly with progressive strength & conditioning programming personalized to your fitness level
- 30 minute Initial Consultation with a Certified Nutrition Coach and 15 minute check in halfway through the program with a Certified Nutrition Coach
- Access to private Facebook group

This program is designed not only for weight loss, but also for people who want the support and guidance to create lasting and sustainable lifestyle change.

### Program Cost-

Members—\$95 / month for 3 months  
Non-Members —\$150 / month for 3 months

The Transformation Challenge is a three month program with groups of a maximum of eight participants, so you get the support and accountability you need to meet your goals.

### WANT MORE INFORMATION?

CONTACT JOHANNA,  
HEALTH & WELLNESS DIRECTOR AT  
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(207) 622-9622 ext. 122  
[www.kvymca.org](http://www.kvymca.org)

## FITNESS PROGRAMS INCLUDED IN YOUR MEMBERSHIP

### EQUIPMENT ORIENTATION

Included in your membership is a complimentary equipment orientation so you can feel confident using the cardio and strength training machines safely and effectively. We also provide strength training program charts to record your weights and reps.

### PROGRAM DESIGN SESSION

Interested in personal training? Meet with a personal trainer for a complimentary program design session to discuss your health history, current training routine, and for a movement assessment to get expert recommendations to help you reach your health and wellness goals.

### GROUP FITNESS CLASSES

With over 50 group fitness classes between our Manchester and Augusta locations, we offer a wide variety of classes from Yoga, to indoor cycle, to Silver Sneakers.



# BECOME MORE AWESOME



WITH PERSONAL TRAINING  
AND  
SMALL GROUP TRAINING

## PERSONAL TRAINING

Get expert coaching and personalized program working 1:1 with one of our certified personal trainers.

### Express Sessions (30 Minutes)

Single Session		\$ 25
2X / Week	8 Pack	\$ 178
3X / Week	12 Pack	\$ 250

### 60 Minutes

Single Session		\$ 50
1X / Week	4 Pack	\$ 178
2X / Week	8 Pack	\$ 340
3X / Week	12 Pack	\$ 496

## SEMI PRIVATE TRAINING

### Groups of 2-4

Priced Per Person

### Express Sessions (30 Minutes)

Single Session		\$ 18
2X / Week	8 Pack	\$ 110
3X / Week	12 Pack	\$ 162

### 60 Minutes

Single Session		\$ 36
1X / Week	4 Pack	\$ 110
2X / Week	8 Pack	\$ 216
3X / Week	12 Pack	\$ 318

## YOUTH TRAINING

### Ages 10-17

Priced per person

### Express Sessions (30 Minutes)

Single Session		\$ 18
2X / Week	8 Pack	\$ 125
3X / Week	12 Pack	\$ 175

### 60 Minutes

Single Session		\$ 35
1X / Week	4 Pack	\$ 125
2X / Week	8 Pack	\$ 238
3X / Week	12 Pack	\$ 347

## SMALL GROUP TRAINING

### Groups of 5-8

Priced Per Person

### Express Sessions (30 Minutes)

Single Session		\$ 15
2X / Week	8 Pack	\$ 88
3X / Week	12 Pack	\$ 129

### 60 Minutes

Single Session		\$ 30
1X / Week	4 Pack	\$ 88
2X / Week	8 Pack	\$ 168
3X / Week	12 Pack	\$ 246

## HEALTH COACHING

Meeting with a certified Health Coach or Nutrition Coach can help you establish healthy new lifestyle habits by giving you accountability and techniques to help you reach your nutrition and health goals.

Initial Consultation—60 minutes	\$ 45
Check Ins—30 minutes	\$ 25
4 Pack Check Ins—	\$ 85



**Check out our Personal Trainer Bios at [www.kvymca.org](http://www.kvymca.org)!**

All packages expire in 60 days and are non-refundable .

