

Personal Training at the GWS Community Center

Are you looking for some Personal Training?

Let our great Personal Trainers - *Heidi Vosbeck, Helen McQueeney, and Fay Meyer*, - help you develop and improve your exercise routine, while providing you with the motivation and guidance to achieve your fitness goals. Go on-line or come in and fill out a Private Lessons request form at www.glenwoodrec.com to get started.

- Dreaming of participating in an athletic event
- Need help planning your workouts
- Need some new ideas or extra motivation added to your exercise routines

Then call and setup a “Personal Training” Appointment now!



1 session: \$60.00 NM
25% off for Members
More than 5 sessions: \$5 off per session

***To receive the \$5 off per session each session has to be purchased simultaneously as a package.**



For more information call us at 384-6301
or visit our website at www.glenwoodrec.com