

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

PERSONAL FITNESS PROGRAM

PFP (Personal Fitness Program) is a structured 12 week exercise program that comes with your YMCA membership at no additional cost.

The **PFP** program is designed to teach you how to use exercise machines properly and keep you committed to your workout program.

During this 12 week program,
you will meet 4 times
(week 1, week 4, week 8, and week 12)
with a YMCA fitness staff member
who will help you
create fitness goals and gain control
of your fitness program.

To begin this commitment to a healthier you,
stop by the member service desk
to schedule your
First appointment!