



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REACH YOUR GOALS

PERSONAL TRAINING
NEOSHO FREEMAN FAMILY YMCA

Training with our certified personal trainers is a great way to get in shape safely, efficiently, and effectively. They provide the motivation necessary for you to achieve your goals with regular fitness testing, personalized programming and accountability. Our trainers are certified and qualified to train.

- 1 hour: \$25/hour/member
- 3 hours: \$75/member
- 6 hours: \$150/member



Jessica Ferguson
Personal Trainer



Josh McConnell
Personal Trainer

For more information on Personal Training contact Sarah Sonis 417-455-9999.