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The Trotter Family YMCA is proud to offer our members an elite team of highly educated, experienced, dedicated Personal Trainers who are ready to help you change your life.

Starter Personal Training Packages	3 Sessions 589 / \$129			
Individual Sessions (30 minutes / 1 hour)				
Traditional Personal Training Packages	1 Session	4 Sessions	8 Sessions	12 Sessions
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For more information on Personal Training contact. Matthew lewell at matthew jewell@ymcahouston.org. or sall 719-781-1061.

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