



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SMART START | LET'S GET STARTED



Get off on the right foot at the Y by enrolling in our free **SmartStart** program!

## SESSION 1

### MEET YOUR COACH

Set smart, realistic goals with your wellness coach and get an introduction to some of our cardio equipment.

GET STARTED AND GET MOVING.

## SESSION 2

### GET STRONG

Be introduced to our MobileFiT app and get started on getting Strong by learning our strength circuit.

STRENGTHEN THOSE MUSCLES.

## SESSION 3

### STAY MOTIVATED

Follow-up with your wellness coach. Discuss other aspects of our Y Including Group Exercise & Aquatics.

GET SET UP FOR FUTURE SUCCESS.

## FREE PERSONAL TRAINING

### FREE 30-MINUTE PERSONAL TRAINING SESSION

After completing your 3 SMART SESSIONS, enjoy a free half-hour of Personal training on us! Learn a few new individual moves.

ONE-ON-ONE TRAINING INDIVIDUALIZED FOR YOUR GOALS.

## YMCA OF YOUNGSTOWN

CENTRAL YMCA | 17 N. Champion St, Youngstown, OH 44501 | 330-744-8411

DAVIS FAMILY YMCA | 45 McClurg Rd, Boardman, OH 44512 | 330-480-5656

[YoungstownYMCA.org](http://YoungstownYMCA.org)