



Boxing/MMA Training

Get a workout and learn self defense with a boxing and mixed martial arts professional .

We build strong kids, strong families, strong communities.



**Introductory Rate for
FIRST TIME MEMBERS!
4 - 30 minute sessions
for only
\$99**

DeVos Blum Family YMCA Personal Training Rates

30-Minute Sessions

1 session.....	\$30
3 sessions.....	\$85
6 sessions.....	\$160
10 sessions.....	\$250
20 sessions.....	\$425

60-Minute Sessions

1 session.....	\$55
3 sessions.....	\$150
6 sessions.....	\$280
10 sessions.....	\$450
20 sessions.....	\$850

*Introductory rate may be purchased only once as long as there hasn't been any other previous sessions purchased.

*Personal Training is a service offered only to members.

*Sixty minute Personal Training sessions may not be broken into halves.



DeVos-Blum Family YMCA * 9600 South Military Trail * Boynton Beach, FL 33436 * TEL: 561.738.9622 * FAX: 561.738.6055

The YMCA of South Palm Beach County's mission is to put Christian principals into practice through programs that build healthy spirit, mind and body for all.

