



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SANTA MARIA VALLEY YMCA NUTRITION PROGRAM



Nutrition Consultants are here to support your healthy habits and help create a nutrition plan that works for you.

Looking to gain healthy eating habits? Create and meet goals in your health and wellness? Hoping to develop a plan for healthy eating for you and your family? YMCA Nutrition Consultants are here to help you! Our Nutrition Consultants are specially trained to help you develop healthy eating habits for life wherever you are starting from.



PRICE: Private Nutrition Consultations are one-hour and held one-on-one. One session is \$50 for members and \$65 for non-members. Discount pricing for multiple sessions.

WHEN: Private sessions are arranged with consultants at your convenience.

CONTACT: Come in and ask the front desk or call us at 805-937-8521. For more information, contact Kylee Austin at kaustin@smvymca.org.





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SANTA MARIA VALLEY YMCA PERSONAL TRAINING

We are here to help you!

No matter your skill level or experience, our certified personal trainers will be able to assist you in developing healthy habits in your life!

Our trainers can help you:

- Correct form/prevent injuries.
- Develop a nutrition and exercise program specified for your needs.
- Make and reach your health and wellness goals.



PRICE: \$40 per one-hour session (members)/\$50 (non-members) Discounted rates for multiple sessions. Discounted rates for group sessions. Free consultation session included.

TIME: Personal trainers are available for morning, noon, or night appointments.

CONTACT: Call or come in and ask the front desk about our personal and group training packages. Please contact Kylee Austin for more information about our training program at kaustin@smvymca.org