

# Meet With the Trainer!

**TRAINERS WILL BE IN THE LOBBY 9:00-11:00am**  
See if personal training at the South County Y can revolutionize  
the way you keep your body healthy

January 15th    February 19th    March 19th

April 16th    May 21st    June 18th

Talk with our staff  
Personal Trainers to  
**SCHEDULE A FREE**  
**DEMO!**



**Get Personalized Results from  
Craig Pulliam and Taylor Lucier**



South County YMCA 165 Broad Rock Road Peace Dale, RI 02883 | 401-783-3900

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Visit our website at [www.ymcagreaterprovidence.org](http://www.ymcagreaterprovidence.org)