

FIT PATH

The YMCA of Tyler Texas is excited to announce FIT PATH, our newest, and FREE Healthy Living Program that is available to all Y members. Our Certified Personal Trainers will take you through 3 workouts to evaluate your current fitness level, show you how to properly use our cardiovascular and strength equipment to help you reach your goals.

Step 1-Ask our Front Desk staff to set up your first appointment.

Step 2-Record your appointment date/time.

Step 3-Show up in tennis shoes and workout attire for your 1st FIT PATH appointment.



FIT PATH is available to all YMCA Members age 16 years of age and above. It's free and will help give you a foundation of knowledge that you can build upon by yourself or hire our Y staff as your Certified Personal Trainer.

www.tylerymca.org