

YMCA TARRYTOWN
62 MAIN STREET, TARRYTOWN, NY
WWW.YMCATARRYTOWN.ORG
914-631-3162

SMALL GROUP PERSONAL TRAINING



Are you looking to train with a friend who has similar goals, or to meet new people? If so, then join us for small group training at the Family YMCA at Tarrytown. A maximum of 5 participants will train simultaneously with a certified personal trainer.

Join NASM Certified Trainer, Andrea Sarayli, for group training sessions which include intensive reactive, balance, strength and core training. Andrea has advanced certifications in AEA aquatic fitness, Red Cross water safety instruction, Johnny G Mad Dogg Spinning, as well as a specialty certificate in prenatal training from NASM. She works with all ages and likes to focus on a holistic approach to understanding how our bodies function with a focus on our “powerhouse”.

See front desk for details on pricing

