

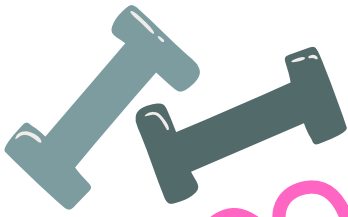


Wilmerding Community Center

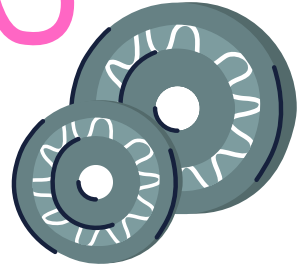
412-520-7946

1 Memorial Field Wilmerding, PA 15148

[wilmerdingcommunitycenter.org](http://wilmerdingcommunitycenter.org)



# NEW YEAR NEW YOU



**The Wilmerding Community Center is offering  
8 weeks of FREE personal training sessions for teen girls  
(ages 13–19) in the community!**

## **How It Works**

- **Sign up for a WCC gym membership\***  
**(only \$20/month + \$5 sign up fee)**
- **Schedule your first session with our female  
fitness trainer Charlotte**
- **Get one 1 hour personal training session per week  
for 8 weeks (\$240 value!)**

**Learn one-on-one how to lift weights, build muscle, and get  
in shape! Over these 8 weeks, you will become a stronger,  
more confident YOU!**

**\*\*parent or guardian must be present when signing up for a membership**

**–sign up and train with a friend to feel more comfortable! (optional)**

**–sessions can be scheduled Monday–Friday any time between 6 AM – 5 PM**