

Personal Training



The Personal Trainers with the Wilkes-Barre Family YMCA are now available to work with King's College Employees for one-on-one training sessions in the new Wellness Center.

Whether you are looking for a new challenge in your fitness routine, or to learn how to use the equipment in the newly renovated Wellness Center, Personal Training might be just what you are looking for!

Personal Trainers:

*Linda Reilly

(she teaches an excellent Zumba class as well!)

*Joe Barket

(our awesome Core & More instructor)

*Valerie Allen

(a new addition ready to work-out King's Employees)

Cost:3-sessions \$30.00

Min. of 3 sessions required

Max. of 12 sessions per programming period.

To set up an appointment with a trainer or for more information please contact legginitwithleo@kings.edu or extensions 6090/6037.