



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BECOMING A BETTER YOU

YMCA PERSONAL TRAINING PROGRAMS

INDIVIDUAL TRAINING

1 HOUR PROGRAM

Prices are per person, per session.

DURATION	FEE
One-Month	\$40/session
3-Month Program	\$35/session
6-Month Program	\$30/session

30 MINUTE PROGRAM

Prices are per person, per session.

DURATION	FEE
One-Month	\$30/session
3-Month Program	\$25/session
6-Month Program	\$20/session

PARTNER TRAINING

1 HOUR PROGRAM

Prices are per person, per session.

DURATION	FEE
One-Month	\$30/session
3-Month Program	\$25/session
6-Month Program	\$20/session

PROGRAM TERMS:

All personal training programs are set up on an Electronic Fund Transfer from a credit/debit card or checking account or can be paid in full with cash, check or card. A minimum of 3 sessions per month required.

Personal Training for non-members is available for an additional \$8 per session.



NOW MORE AFFORDABLE!