



PERSONAL TRAINING

BECOMING A BETTER YOU

At the Y, our nationally certified personal trainers can assist you in reaching your fitness and weight loss goals. Break out of a fitness plateau and learn fun, challenging exercises suited to your fitness level, individual needs, health status and limitations.

To register please
give us a call at
540-464-9622 or
scan the QR code!



PACKAGES

BECOMING A BETTER YOU

	30 Minute Session	60 Minute Session	60 Min. Partner Session
1 Session	\$45 per session	\$60 per session	\$45 per session, per person
4 Sessions	\$40 per session	\$55 per session	\$40 per session, per person
8 Sessions	\$35 per session	\$50 per session	\$35 per session, per person
16 Sessions	\$30 per session	\$45 per session	\$30 per session, per person

Non-Members add \$10 per session. Prices Effective September 1, 2026. Ask about affordable payment options!

