



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



YMCA OF VIRGINIA'S BLUE RIDGE

# 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 540-647-9622 or scan the QR code!

LEARN  
MORE  
HERE!



# PACKAGE OPTIONS

## 1 Hour Sessions

1 Session	\$55 per Session
4 Sessions	\$50 per Session
8 Sessions	\$45 per Session
16 Sessions	\$40 per Session

## 30 Minute Sessions

1 Session	\$40 per Session
4 Sessions	\$35 per Session
8 Sessions	\$30 per Session
16 Sessions	\$25 per Session

## 1 Hour Partner Sessions

Price Per Participant

1 Session	\$40 per Session
4 Sessions	\$35 per Session
8 Sessions	\$30 per Session
16 Sessions	\$25 per Session

Non-Members add  
\$10 per session

Prices Effective  
December 10, 2024

Ask about affordable  
payment options!