



ONE-ON-ONE Personal Training

60-MINUTE SESSIONS

1 Session	\$70	–
3 Sessions	\$204	\$68/session
6 Sessions	\$396	\$66/session
12 Sessions	\$768	\$64/session
16 Sessions	\$992	\$62/session

45-MINUTE SESSIONS

1 Session	\$55	–
3 Sessions	\$162	\$54/session
6 Sessions	\$318	\$53/session
12 Sessions	\$612	\$51/session
16 Sessions	\$800	\$50/session

30-MINUTE SESSIONS

1 Session	\$40	–
3 Sessions	\$120	\$40/session
6 Sessions	\$240	\$40/session
12 Sessions	\$480	\$40/session
16 Sessions	\$640	\$40/session

With Personal Training at the YMCA, you will:

- » Break out of a fitness plateau and learn **fun**, challenging exercises that keep you motivated
- » Establish goals that suit **your** fitness level
- » Develop an exercise program specific to **your** needs, health status, and limitations
- » Assure proper exercise techniques, program design, and progression to **avoid** exercise-related injuries
- » Provide positive encouragement and accountability to keep you **committed** to your training program



**SIGN UP
TODAY!**