



# ONE-ON-ONE PERSONAL TRAINING

## 60-MINUTE SESSIONS

NOW AVAILABLE  
FOR NON-MEMBERS

	Member	Member/ session	Non-member	Non-member/ session
1 Session	\$70	-	\$82	-
3 Sessions	\$204	\$68/session	\$240	\$80/session
6 Sessions	\$396	\$66/session	\$468	\$78/session
12 Sessions	\$768	\$64/session	\$912	\$76/session
16 Sessions	\$992	\$62/session	\$1184	\$74/session

## 45-MINUTE SESSIONS\*

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

## 30-MINUTE SESSIONS\*

	Member	Member/ session
1 Session	\$40	-
3 Session	\$120	\$40/session
6 Session	\$240	\$40/session
12 Session	\$480	\$40/session
16 Session	\$640	\$40/session

\*Available for YMCA Members only.

### 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!**