



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# WE MAKE THE PLAN YOU MAKE THE PROGRESS

## PERSONAL TRAINING

Our certified personal trainers have years of experience and are qualified to help YMCA members in any phase of their fitness journey. We all need the advice and personal attention of an expert sometimes—and you can get just that with our Personal Training program! Whether you're new to the gym, a triathlete, or want to break out of your regular fitness regimen, our YMCA personal trainers are here for you.

### COMMITMENT SESSIONS

#### 25 MINUTE SESSIONS

Total sessions	Per Session	Total Costs
4 Sessions	\$30	\$120
8 Sessions	\$28	\$224
12 Sessions	\$25	\$300

#### 55 MINUTE SESSIONS

Total sessions	Per Session	Total Costs
4 Sessions	\$55	\$220
8 Sessions	\$50	\$400
12 Sessions	\$45	\$540

### SINGLE PACKAGE

#### 25 MINUTE SESSIONS

Total sessions	Per Session	Total Costs
4 Sessions	\$32	\$128
8 Sessions	\$30	\$240
12 Sessions	\$28	\$336

#### 55 MINUTE SESSIONS

Total sessions	Per Session	Total Costs
4 Sessions	\$60	\$240
8 Sessions	\$55	\$440
12 Sessions	\$50	\$600

### FIRST TIME TRIAL

#### 55 MINUTE SESSIONS

Try out a 55 minute session for only \$30!

\*One time only

### PARTNER TRAINING

#### 55 MINUTE SESSIONS \*Commitment sessions only

Total sessions	Per Session	Total Sessions
4 Sessions	\$45	\$180
8 Sessions	\$40	\$320
12 Sessions	\$35	\$420

SCAN QR CODE TO REGISTER!



VISIT OUR WEBSITE FOR MORE INFORMATION AT [WWW.YMCAWCF.ORG](http://WWW.YMCAWCF.ORG)