



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WE MAKE THE PLAN YOU MAKE THE PROGRESS

## YOUTH PERSONAL TRAINING AGES 10-15!

Whether you're new to exercise or aiming for the next level, a YMCA Certified Personal Trainer empowers every child. Benefits include faster results, weight management, form awareness, strength, posture, sleep, sports performance, self-esteem, flexibility, and an improved quality of life. Youth Personal Training builds the whole child, inside and out!

### 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)