

PERSONAL TRAINING PACKAGES

INDIVIDUAL PACKAGES

SESSIONS	30 MIN	45 MIN	60 MIN
4	\$200	\$260	\$300
8	\$360	\$480	\$560
12	\$480	\$660	\$780
24	\$840	\$1080	\$1320

INDIVIDUAL PACKAGES – DRAFT OPTION

SESSIONS	30 MIN	45 MIN	60 MIN
4	\$160	\$220	\$260
8	\$280	\$400	\$480
12	\$360	\$540	\$660

PARTNER PACKAGES

*Prices listed for partner packages are per person

SESSIONS	30 MIN	45 MIN	60 MIN
4	\$160	\$220	\$260
8	\$280	\$400	\$480
12	\$360	\$540	\$660
24	\$600	\$840	\$1080

PARTNER PACKAGES—DRAFT OPTION

SESSIONS	30 MIN	45 MIN	60 MIN
4	\$120	\$180	\$220
8	\$200	\$320	\$400
12	\$240	\$420	\$540

WHY PERSONAL TRAINING?

Certified trainers are instructors who stand beside you at every physical challenge, encouraging you to try your hardest and keeping you on track. Through personal attention and expert advice, a trainer designs a progressive plan to help you achieve maximum results and avoid injury. Your customized, long-term exercise program includes a fitness assessment, health education and continuous goal-setting.

WHAT DOES PERSONAL TRAINING INCLUDE?

All YMCA personal training packages begin with a free consultation that includes an assessment to determine your conditions and limitations, health education, and continuous goal setting and motivation. Your customized, long-term exercise program is tailored to the individual, focusing on your unique personal goals.

OUR TRAINERS

All YMCA Personal Trainers are nationally certified through accredited programs. Certified experts will motivate and challenge you during each meeting. They will provide a plan, offer form correction and help take your workouts to the next level.

FREQUENTLY ASKED

- YMCA membership is required
- A 5 session non-member option is available

QUESTIONS? CONTACT KATIES@YMCACV.ORG