



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REACH YOUR GOALS WITH HELP FROM A TRAINER!

YMCA Personal Training Options

BENEFITS OF A PERSONAL TRAINER:

- Accountability
- Professional Guidance
- Set/Achieve Goals
- Support



Caleb's First Spin Class!

Meet Caleb. Since he started with a YMCA Personal Trainer, Caleb has seen improvement in his mental health, he now has a program he can follow on his own, and he feels stronger and healthier than ever. Plus, previous aches and pains are gone!

Personal Training Bundles:	Savings:	
1 One-hour session	\$60	0%
3 One-hour sessions	\$125	30%
6 One-hour sessions	\$250	30%
6 One-hour sessions Active Older Adults (55+)	\$230	36%
15 One-hour sessions	\$615	32%
25 One-hour sessions	\$950	37%



SCAN QR CODE FOR DETAILS

SIGN UP TODAY

\$20 OFF
your first Personal Training Session

REFER A FRIEND
and get \$25 OFF

See Member Services Desk to Register for PT today!