



YMCA PERSONAL TRAINING

Packages And Pricing



Ask About a Free Healthy Living Orientation (HLO)

Meet with a Certified Personal Trainer who will review your health history, orient you to our fitness center equipment and classes, as well as help you set realistic goals.

BEGINNERS TRI-PACK *(new members only)*

3 1-hour sessions \$99

PERSONAL TRAINING OPTIONS

1-1 Personal Training	1 Hour	Total Price
12 Sessions	\$40.00 each	\$480.00
8 Sessions	\$45.00 each	\$360.00
4 Sessions	\$50.00 each	\$200.00

1-1 Personal Training	30 Minutes	Total Price
12 Sessions	\$25.00 each	\$300.00
8 Sessions	\$30.00 each	\$240.00
4 Sessions	\$35.00 each	\$140.00

PARTNER AND SMALL GROUP OPTIONS

Partner Training (2)	1 Hour	Total Price
12 Sessions	\$30.00 each	\$360 each participant
8 Sessions	\$35.00 each	\$280 each participant
4 Sessions	\$40.00 each	\$160 each participant

Group Training (4 - 6)	1 Hour	Total Price
12 Sessions	\$20.00 Each	\$240 each participant
8 Sessions	\$25.00 each	\$200 each participant
4 Sessions	\$30.00 each	\$120 each participant



READY TO GET STARTED?

Get connected with a Personal Trainer that best fits with your ability, lifestyle and goals.

Scan QR Code to get started



Effective 1/1/26

Questions? Contact Pam Heaton at 856-691-0030 ext. 114 or email: pheaton@ccaymca.org

Cumberland Cape Atlantic YMCA

1159 E. Landis Ave., Vineland, NJ 08360 • (856) 691-0030 • www.ccaymca.org



PERSONAL TRAINING POLICIES AND FREQUENTLY ASKED QUESTIONS

- » **How do I sign up for Personal Training?** Complete a Personal Training Request Form and return to our Member Services team. Find the request form on our Personal training page on our website (Scan the QR code) or stop by Member Services.
- » **Who can purchase the Beginners Tri-Pack?** The \$99 Tri-pack is available only to members who have never purchased personal training at our Y before.
- » **Do purchased Personal Training Packages expire?** All training packages must be used within 6 months of the initial date of purchase.
- » **Can a training program or automatic draft be put on hold?** A personal training program or draft may be put on hold for travel or medical reasons with documentation of the leave and will be resumed upon client's return.
- » **What happens if I must cancel a session?** Members must notify the trainer 24 hours in advance to reschedule a session or they will lose that session. Please contact your trainer in the event of an emergency. For members who no-show without communication, trainers will wait up to 10 minutes after scheduled appointment before the session is forfeited.
- » **What is small group Personal Training, and how is it different than one on one training?**

Small group personal training is for 4-6 members. This is a great option for those who are looking for the support system and accountability of like-minded members with similar goals. You can join with friends or family, or our staff can connect you with other members who share your interests. A minimum of 4 members is required to launch a small group training program.

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