



YMCA PERSONAL TRAINING

Packages And Pricing



When you enroll in one of our Personal Training Programs, you are making the ultimate commitment to your health and fitness goals! See below for current rates and packages.

PERSONAL TRAINING LOYALTY PROGRAM

(save 10% from Ala Carte)

30 minute sessions	1 hour sessions
1x per week \$108	1x per week \$180
2x per week \$216	2x per week \$360
3x per week \$300	3x per week \$540



BEGINNERS TRI-PACK *(new members only)*

3 - 1 hour sessions \$99

PERSONAL TRAINING ALA CARTE

30 minute packages	60 minute packages
6 sessions \$150	6 sessions \$300
6 sessions (55+ AOA) \$90	6 sessions (55+ AOA) \$180
	12 sessions \$600



SMALL GROUP PERSONAL TRAINING

(4-6 people for each small group session, must buy 4 sessions)

4 - 1 hour sessions \$100

ONE-ON-ONE YOGA

45 minute sessions	
1 session \$50	
3 sessions \$150	
6 sessions \$300	



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 12/1/24

Questions? Contact Jose Ledezma at 856-691-0030 ext.130 or email: jledezma@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.
- » **What is the Personal Training Loyalty Program?** Members who wish to commit to personal training sessions on a regular weekly basis can enjoy a 10% discount when they participate in the automatic monthly draft. Members can choose 30-minute or 1-hour sessions for one, two, or three times per week.
- » **Additional Loyalty Program guidelines:**
 - Members will be automatically drafted on the 5th and 20th of the month whether sessions are used or not
 - To cancel, notice must be given to member services 7 days before draft date.
- » **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?** Stand alone or a la carte 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 will take place with 4-6 members with like-minded goals. For example, strength and agility, balance & mobility, Beginners strength training, HIIT, and more! A 4-week commitment is required. Additional benefits of the small group personal training are that there is a support system and accountability with other members who share similar goals, and the goal is to progress each week. A minimum of 4 members is required to launch a small group training program. The cost of small group personal training is \$100 for 4 weeks (\$25/1hr session)
- » **What is one on one Yoga, who teaches it, and how do I sign up for it?** Candice is a yoga practitioner of over 30 years and is Yoga Alliance certified in Kripalu with 200+ hours. She holds secondary certs in yoga for disabilities, yin nidra, yogic A&P, ayurvedic studies and many more. Developing a yoga practice in a one-on-one setting allows growth without the sense of judgment, a deeper understanding of proper alignment according to your personal anatomy, skills to build a meditation and relaxation practice and an overall sense of wellbeing. All levels are welcome as there is no such thing as a "level" in yoga. To sign up, please submit a personal training request form, and circle "one on one yoga" where prompted, and return to member services.

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