

PERSONAL TRAINING AT THE Y



TAKE THE GUESS WORK OUT OF YOUR WORKOUT

At the Y, Personal Training is about more than achieving your goals. YMCA Personal Training takes the guess work out of your workout, because when you succeed, we succeed.

Our nationally-certified personal trainers have the expertise and experience to help you achieve your health-and-fitness goals, and they carry one (or sometimes) more certifications from nationally recognized organizations such as ACSM, NSCA, NASM or ACE. They have the heart to motivate, support and celebrate with you every step of the way.

Our Personal Training sessions may be purchased as individual sessions or in packages (see back for details).

WORKING ON WELLNESS (WOW)

Many Health and Wellness goals can only be achieved by addressing all aspects of wellness. When you work with a YMCA Personal Trainer you not only receive a great workout experience, you also receive the following:

- FREE Initial Working on Wellness (WOW) Consultation and Profile
- Ongoing Fitness Assessments every 12 weeks
- Learn the 5 components of fitness and wellness: STRENGTH, CARDIO, ACCOUNTABILITY, NUTRITION and SERVICE
- Customized Training Programs developed based on your goals and needs
- Nutrition and Exercise Tracking

OUR GOAL IS HELPING YOU REACH YOURS!

SMALL GROUP TRAINING

Small Group Pricing for 2-5 Clients (60 minute sessions)

Small Group Training (SGT) will have a minimum of 2 people and maximum of 5 people per group. (This is an "experience.") Think "Big enough to be fun, but small enough to still be quality." SGT workouts are designed to be appropriate for a small group to do at the same time with modifications provided if needed. Individuals must have similar fitness goals among the group. Your trainer will have the ability to correctly supervise movement and make little corrections along the way, but does not provide prescriptive exercise plans for each individual.

Individual Sessions	Master Trainer	Elite Trainer	Level II Trainer	Level I Trainer
1 Session	\$50	\$45	\$42	\$40
5 Session Package	\$48	\$44	\$41	\$39
10 Session Package	\$46	\$43	\$40	\$38
15 Session Package	\$44	\$42	\$39	\$37
20 Session Package	\$42	\$41	\$38	\$36

Small Group Training Clients (2-5 people) split the cost reflected above depending on the trainer level and package selected.

