

# 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!

# INDIVIDUAL TRAINING

## Individual Personal Training Rates

### Per Session Cost (60 minutes)

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

### X Press Session Cost (30 minute sessions)

X Press sessions provide many advantages for individuals who are short on time, need consistency and want a new training experience while spending fewer dollars. Whether you want a fast, intense, effective workout or are a new exerciser, X Press training can provide you the expertise to take you to the next level in your fitness.

Individual Sessions	Master Trainer	Elite Trainer	Level II Trainer	Level I Trainer
1 Session	\$25	\$22.50	\$21	\$20
5 Session Package	\$24	\$22	\$20.50	\$19.50
10 Session Package	\$23	\$21.50	\$20	\$19
15 Session Package	\$22	\$21	\$19.50	\$18.50
20 Session Package	\$21	\$20.50	\$19	\$18

