



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

PERSONALIZED WORKOUTS

MEET YOUR NEEDS & GOALS

Whether you are new to exercise or ready to take it to the next level, the YMCA Personal Training Program gives you a personalized workout to help you meet your needs and goals. The benefits of working with a nationally certified personal trainer include:

- QUICKER RESULTS
- INCREASED WEIGHT LOSS
- AWARENESS OF CORRECT LIFTING FORMS
- INCREASED STRENGTH AND CONDITIONING
- INCREASED SELF-ESTEEM
- BETTER QUALITY OF LIFE AND MORE!

Personal Training (1 hour sessions)

	<u>1 month package</u> (\$32.00/session)	<u>3 month package</u> (\$30.00/session)**	<u>6 month package</u> (\$28.00/session)**
<u>4 sessions / month</u>	\$128	\$120	\$112
<u>8 sessions / month</u>	\$256	\$240 / month	\$224 / month
<u>12 sessions / month</u>	\$384	\$360 / month	\$336 / month

Semi-Private Training (1 hour sessions)

(Each individual is responsible for price displayed)

	<u>1 month package</u> (\$25/session)	<u>3 month package</u> (\$22.50/session)	<u>6 month package</u> (\$20/session)
<u>4 sessions / month</u>	\$100	\$90	\$80
<u>8 sessions / month</u>	\$200 / month	\$180 / month	\$160 / month
<u>12 sessions / month</u>	\$300 / month	\$270 / month	\$240 / month

Personalized Group Training (45 minute sessions)

(4 person minimum & up to 12 participants per class) (View online or ask YMCA front desk for class days & times)

	<u>1 month package</u> (\$8.00/session)	<u>3 month package</u> (\$7.62/session)**	<u>6 month package</u> (\$7.25/ session)**
<u>4 sessions / month</u>	\$32		
<u>4 sessions / month</u>		\$30.50 / month	
<u>4 sessions / month</u>			\$29 / month

**All packages will be setup on monthly payments with the card we have on file for your convenience.

Contact Jerrad, Madison County YMCA Site Director at [765.552.9808](tel:765.552.9808) OR Jreid@ymcamadco.org with any questions or to schedule your FREE assessment today!

YMCA of Madison County