



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

MOTIVATE EMPOWER SUCCEED

YMCA PERSONAL TRAINING PRICES



ONE-ON-ONE PERSONAL TRAINING PACKAGES: PERSONAL TRAINING (1 HOUR SESSION/S)

1 session: \$75
 4 sessions: \$260 (\$65/session)
 8 sessions: \$496 (\$62/session)
 12 sessions: \$720 (\$60/session)

TWO-ON-ONE PERSONAL TRAINING PACKAGES: PARTNERS IN TRAINING (1 HOUR SESSIONS– PRICES LISTED ARE PER PAIR)

1 session: \$90 (\$45/person)
 4 sessions: \$325 (\$40.63/person/session)
 8 sessions: \$620 (\$38.75/person/session)
 12 sessions: \$900 (\$37.50/person/session)

STRENGTH ADVANTAGE TRAINING WITH CERTIFIED PHYSICAL THERAPIST (1 HOUR SESSION/S)

1 session: \$90
 4 sessions: \$335 (\$83.75/session)
 8 sessions: \$630 (\$78.75/session)
 12 sessions: \$900 (\$75/session)

STRENGTH ADVANTAGE PARTNERS IN TRAINING TRAINING WITH CERTIFIED PHYSICAL THERAPIST (1 HOUR SESSION/S)

1 session: \$140 (\$70/person/session)
 4 sessions: \$480 (\$60/person/session)
 8 sessions: \$880 (\$55/person/session)
 12 sessions: \$1,200 (\$50/person/session)

Please see our Wellness Director, Jen Dryzga, jen.dryzga@ymcadc.org for further questions. Sarah Johnson/sarah.johnson@ymcadc.org with any questions!