



CREATE A BETTER VERSION OF YOU

PERSONAL TRAINING



Our Personal Training programs are designed and administered on an individual or group basis by Certified Fitness Professionals. Experience the power of Y training and support. Register at Member Services.

PER SESSION PRICE STRUCTURE

CONSULTATION/ ASSESSMENT	INDIVIDUAL	GROUP (2-5 PEOPLE)
60 MINUTES	60 MINUTES	60 MINUTES
\$30 (M)	\$40/session (M)	\$30/session/person (M)
\$40 (NM)	\$50/session (NM)	\$40/session/person (NM)

NEW MEMBER JUMP START PERSONAL TRAINING PROGRAM

The Starter Kit is available for new members only within the first 30 days of becoming a member. This program may only be purchased once, but can help create a great plan to jump start your fitness routine. Includes a 30 minute consultation before the first session

3 Sessions for \$100 One Hour per Session

MONTH-TO-MONTH PRICE STRUCTURE

INDIVIDUAL	GROUP (2-5 PEOPLE)
60 MINUTES	60 MINUTES
\$105 base fee (M)	\$90/session/person (M)
\$120/session (NM)	\$105/session/person (NM)
\$30/add'l session (M)*	\$25/add'l session/person (M)*
\$35/ add'l session (NM)*	\$30/add'l session/person (NM)*

*Minimum of 3 sessions/month. Extra sessions will be charged the additional per session rate(below base fee) and billed on the next month's draft.

*Minimum of 3 month plan commitment required, no refunds.