

# Personal Training

We build strong kids, strong families, strong communities

## YMCA Member Rates (1 hour sessions)

### Individual Training

1-5 sessions	\$37/session
6-9 sessions	\$32/session
10 + sessions	\$30/session

### Partner Training (non-family)

1-5 sessions	\$32/person/session
6-9 sessions	\$27/person/session
10+ sessions	\$23/person/session

### Partner Training (family)

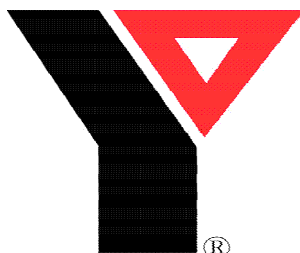
1-5 sessions	\$50/session
6-9 sessions	\$42/session
10 + sessions	\$38/session

### Group Training (3 people)

1-5 sessions	\$27/person/session
6-9 sessions	\$22/person/session
10+ sessions	\$20/person/session

### Non Members

**Add \$10/person/session**



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