



# YMCA Personal Fitness Training



## Y One-On-One Personal Training

Whether you are looking for someone to hold your hand every step of the way or for someone to add variety & spice to your routine and help you reach your goals faster than you thought possible, One-On-One Y Personal Training is right for you! Our Personal Trainers are certified by an internationally recognized wellness organization and are dedicated to helping you achieve your wellness goals as quickly & safely as possible.

Y One-On-One Personal Training includes:

- \*Free initial consultation
- \*Dietary Analysis
- \*Convenient scheduling
- \*Texts, calls, gentle nudges, eye-opening pushes, nothing short of a bull horn to make sure we motivate you to be the best you can possibly be.
- \*Baseline Measurements (BF%, circumference, wt, 5 components of fitness)
- \*Updated Measurements every 30 days
- \*Personalized workouts catered to your goals

# of Sessions in Pkg	Duration of each Session	Total Pkg Price
12	30 mins	\$220
20	30 mins	\$300
6	1 Hour	\$199
12	1 Hour	\$320
20	1 Hour	\$450

\*Single training sessions may be purchased at \$40/session.  
 \***Partner training packages** are 30% off prices listed above per person & sessions must be performed together.

## Y Group Fitness Training

Grab a group of your friends and save money with Y Group Personal Training packages! This is also a great opportunity for employers to offer wellness incentives to employees.

Get the benefits of small group personal training and split the price.

Y Group Fitness Training includes:

- \*Certified Personal Trainer to meet with your group a specified # of times per week to instruct conditioning classes catered to your specific goals
- \*Baseline measurements (BF%, circumference & wt) for each client in the group
- \*Updated measurements every 30 days
- \*Motivational tactics to inspire your group to enjoy a higher quality of living

# of Clients in Gp	12 1 Hour Sessions	20 1 Hour Sessions
3-9	\$720	\$1,200
10-15	\$1,092	\$1,820
16+	\$1,200	\$2,000

Please note regarding one-on-one training & group training:

Payment is due in full prior to beginning training. Partner & Group training packages must be paid for at one time. Separate individuals may not bring portions of the payment in at different times. All sessions expire 12 months from the purchase date. You will always be provided with a certified Y Personal Trainer. The trainer may change during the completion of the package.

## How do I get started?

Childers Family YMCA Wellness Director, Crystal Winn, would be happy to schedule a free consultation for you with a certified trainer. There is no obligation and if you desire to purchase a package with that trainer, you may do so in our business office and we will assist you with scheduling sessions.

For more details, please contact Crystal at **912.285.8660** or [cwinn@ymcawaycross.org](mailto:cwinn@ymcawaycross.org)