



BUILD YOUR SELF-ASSURANCE. ACHIEVE OUTCOMES. PERSONAL TRAINING AT THE Y.

EXPERIENCE THE BENEFITS OF WORKING 1:1 WITH A TRAINER

- Personalized 60-minute workouts
- Motivating relationships
- Personal accountability
- Track and respond to your progress



Fit Start (2 sessions)

YMCA Members \$125 / Non Members \$160

Get Fit (5 sessions)

YMCA Members \$225 / Non Members \$375

Stay Fit (10 sessions)

YMCA Members \$450 / Non Members \$725

*Buddy Fit (10 sessions)

YMCA Members \$550 / Non Members \$1000

*Price includes 2 participants attending the session.

Collaborate with our accredited Personal Trainers to inspire and push you towards achieving your fitness objectives!

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