POWER

PERSONAL TRAINING AT THE Y

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Need a little extra support and guidance to reach your fitness goals? Work with one of our certified personal trainers!

- Custom exercise plans
- Structure and accountability
- Variety and progression

COST (all sessions are 1-hour)

INDIVIDUAL
5 sessions: $240
10 sessions: $400

SMALL GROUP
2-3 People
5 sessions: $115/person
10 sessions: $215/person

4-6 People
5 sessions: $90/person
10 sessions: $170/person

QUESTIONS? Contact Cortnee at cmcreynolds@statelineymca.org

statelineymca.org/personaltraining