



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POWER

PERSONAL TRAINING AT THE Y

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: \$125/person	○ ○ ○
10 sessions: \$225/person	○ ○ ○
4-6 People	○ ○ ○
5 sessions: \$100/person	○ ○ ○
10 sessions: \$180/person	○ ○ ○

QUESTIONS? Contact Cortnee at cmcreynolds@statelineymca.org



statelineymca.org/personaltraining