



YMCA Member Personal Training Rates*

INDIVIDUAL (1:1)

	30 min	45 min	60 min
Single Session	\$60	\$70	\$85
5 Sessions	\$215	\$270	\$330
10 Sessions	\$375	\$480	\$580
20 Sessions	\$655	\$870	\$1080

PARTNER (2 people)

Price per person

	30 min	45 min	60 min
5 Sessions	\$145	\$175	\$215
10 Sessions	\$245	\$320	\$400
20 Sessions	\$430	\$580	\$725

SEMI-PRIVATE (3-6 people)

Price per person

	30 min	45 min	60 min
5 Sessions	\$110	\$125	\$145
10 Sessions	\$175	\$205	\$245
20 Sessions	\$290	\$360	\$440

*All Personal Training Sessions expire one year from purchase date and are non-refundable. See non-member rates online.