



NEED HELP GETTING STARTED? TRY PERSONAL TRAINING!

The YMCA is committed to helping our members achieve their best self. See how personal training can benefit your spirit, mind and body. Choose your own personal trainer or let our fitness coordinator match you up with the ideal trainer to help you meet your weight loss or fitness goals. We have programs and packages to help everyone meet their goals.

New Member Orientation (Free): This is available to all new YMCA members age 13 or older. One of our personal trainers will teach you proper lifting technique and make sure you feel comfortable using all our fitness equipment. (Available to current members for \$15)

Fitness Testing (\$15): Meet with a personal trainer and find out where you stand in various fitness components. Body composition, flexibility, abdominal strength, upper body strength and cardiovascular conditioning are tested. This is a great tool to use on an annual basis to see how you are improving or to see what you need to work harder on.

Body Composition (\$5): Meet with one of our personal trainers or weight room staff to find out this very important health information. We use a bioelectric impedance machine that requires no pinching, poking or measuring tapes.

Kick-start Program (\$35): Meet with a personal trainer twice. The first session includes an optional fitness test and a goal setting session. Your trainer will then develop a program to help you meet your goals. You will meet with your trainer a second time to take you through your individualized workout and answer any of your questions.

Individual sessions (\$15): All new personal training participants must start with the Kick-start program to have a personal trainer set up an individualized program.

10-sessions (\$125): Need more motivation? Let our personal trainers meet with you as often as needed to help you reach your goals.

Team Training: Do you and a friend or spouse have the same fitness goals? Share a personal trainer and the cost. You and your partner will meet with the same personal trainer and workout at the same time.

Team Kick-start (\$50)

Team Individual sessions (\$25)

Team 10-session package (\$200)

