

YPERSONAL FITNESS™

We build strong kids, strong families, strong communities.

Do you need structure in your workout? Are you looking for extra motivation?

Whether you are interested in losing weight, toning and shaping, increasing functional strength, or simply being motivated, partnering with one of our certified personal trainers will help you efficiently realize lasting results.

One-on-One Personal Trainer

A Personal Trainer is a great source for motivation and encouragement, as well as a resource for objective health & fitness information. We are here to help you fit exercise into a busy schedule and make the most out of your time.

# Of Sessions	30 minutes	One Hour	Personal Training With Advance Results/ Online Nutrition and Meal Monitoring Program
1	\$25/Member \$35/Non-Member	\$35/Member \$55 / Non-Member	\$45/Member \$65/Non-Member
3 Jump Start Package		\$90/Member \$110/Non-Member	\$100/Member \$120/Non-Member
5		\$165/Member \$265/Non-Member	\$175/Member \$275/Non-Member
10		\$325/Member (Savings \$25) \$525/Non-Member	\$335/Member \$535/Non-Member

Partner Training

Grab a friend or two, and get the same benefits of one-on-one, for less!



# Of members train together.....	Price Per Person
2 members train together	\$25/person/hour
3 members train together	\$20/person/hour
4 members train together	\$15/person/hour
5 members train together	\$12/person/hour



VITABOT: Online Nutrition Meal Planning

Take Meal Planning to a whole new level!! This online nutrition program will help you put foods together, not just to balance calories, but to balance vitamins and minerals, giving you full of energy to work towards your healthy lifestyle goal!

Fitness Program Participant	YMCA Member	Non-Member
\$10/month/automatic draft	\$15/month/automatic draft	\$20/month/automatic draft