

# RATES & PACKAGES

PACKAGES - 60 MINUTES		
Type	Member	Non Member
Private	\$30	\$50
Private 4 Session	\$100	\$200
Private 8 Session	\$200	\$400
2025 Pricing Coming Soon!		
Partner and Group Training coming in 2025!		

**\*Price is per person!\***

## What members are saying...

"The YMCA trainers are the best at giving me enthusiasm to push myself harder."

"Being pain-free, getting stronger and learning how to use the equipment and weights safely were important to me. Our discussions have helped reinforce the positive lifestyle choices without being judgmental."



FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRONGER TOGETHER



**PERSONAL TRAINING**  
YMCA OF WAYNE COUNTY

## WHY THE Y

Our highly educated personal trainers maintain certification through nationally accredited health and fitness organizations. In addition, many trainers have special areas of expertise.

Our personal trainers come in a variety of shapes and sizes with different backgrounds and life experiences. These life experiences, as well as functional expertise, help Y trainers create welcoming space for anyone interested in reaching health goals.

The Y is committed to improving the health and well-being of our community.



## WHAT PERSONAL TRAINERS CAN DO FOR YOU

### >> Accountability and Support

Personal trainers are your partners in motivation and commitment to reaching your health and fitness goals and bring positive encouragement, accountability, and support.

### >> Goal Progression

Personal trainers help you identify short- and long-term goals. They customize and map out a plan, and track and measure your progress.

### >> Education

Knowledge is power and a personal trainer can educate you on aspects of fitness, health and exercise. They can provide proper understanding of what is required to reach your goals.

### >> Variety and Fun

Personal Trainers customize training plans that keep you engaged, inspired, and having fun. They introduce fresh workouts and techniques and offer alternatives along the way.

