

PERSONAL TRAINING

Personal Training Sessions Include:

- Fitness Evaluations:

Cardiovascular fitness, body fat percentage, muscular strength, muscular endurance and flexibility tests.

- Personalized Exercise Program

Individualized exercise program is designed based on the individual's fitness evaluation results and personal fitness and health goals.

- Supervised Exercise

personal attention during exercise is the primary function of the personal trainer. Clients are given a detailed orientation that addresses aerobic, strength and flexibility components of an exercise program. They are also educated about the fundamentals of strength and aerobic training, as well as proper and safe use of strength training equipment.

Package Rates for YMCA Members Only

2 Sessions \$100

3 Sessions \$150

5 Sessions \$250

10 Sessions \$450

15 Sessions \$650

20 Sessions \$800

~ April Special ~
5 Sessions
\$200

