



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDIVIDUAL PERSONAL TRAINING RATES

Get individualized attention for individualized results!
PORTAGE TOWNSHIP YMCA

Regular Rates:

SESSION PACKAGE	MEMBER	NON-MEMBER
1 session	\$30	\$40
5 sessions	\$135	\$185
10 sessions	\$250	\$350