



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SMALL GROUP PERSONAL TRAINING RATES

**Exercising with 2-4 friends is always more fun than exercising alone!  
A certified personal trainer will guide the group and make sure  
everyone meets their goals!**

**PORTAGE TOWNSHIP YMCA**

## **Regular Rates:**

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