



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PERSONAL TRAINING FEES & PACKAGES

With a structured minimum commitment of 3 sessions per month, you're able to follow an ongoing plan that helps you reach your wellness goals!

Packages	1-Hour Session	1-Hour Buddy Session
3 sessions	\$120/\$180	\$90/\$150
5 sessions	\$175/\$275	\$125/\$225
10 sessions	\$300/\$500	\$200/\$400

Prices are listed Y Member/Non-Member and are per person. Minimum of 1 sessions per month. Sessions expire 6 months from date of first session.

To get started today, contact [Rose Marie, Wellness Coordinator, 219-764-5422](mailto:RoseMarie@ymcaofportage.org) or RoseMarie@ymcaofportage.org to find a trainer best suited for your needs. Participants must be a minimum of 14 years old*.

*Note: Assignments may take up to 3 business days. *If under age 18, must be a Teen Fitness Class Graduate.*



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PORTAGE TOWNSHIP YMCA | 3100 Willowcreek Road, Portage, IN 46368 | 219.762.9622 | ymcaofportage.org



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