

INDIVIDUAL PERSONAL TRAINING RATES



Get individualized attention for individualized results! Get started today with our special intro rate (*) exclusive to Y Members!

<u>SESSION PACKAGE</u>	<u>PORTAGE Y MEMBER</u>
3 sessions*	\$60
5 sessions*	\$100
10 sessions*	\$200

REGULAR RATES:

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

BUDDY PERSONAL TRAINING RATES



**Exercising with a friend is always more fun than exercising alone!
A Certified Personal Trainer will guide each of you to make sure
you meet your goals!**

<u>SESSION PACKAGE</u>	<u>PORTAGE Y MEMBER</u>	<u>NON-MEMBER</u>
1 sessions	\$20/person	\$30/person
5 sessions	\$85/person	\$135/person
10 sessions	\$150 /person	\$250/person

Buddy Personal Training may consist of participants who are both YMCA members, both community members, or a combination of one YMCA member and one community members.