

Building Strength Together



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELLNESS COACHING

Let our certified personal trainers be your coach with a structured, personalized fitness program and help you achieve your goals! Our trainers will give you the support and motivation you need to commit yourself to a healthy lifestyle. Sessions are flexible to fit your schedule. Call to learn about which options we have for you to begin your journey toward a fit, healthy lifestyle!

Individual Sessions

	YMCA Member	Non-Member
30- Minute Session	\$20	\$25
1-Hour Session	\$30	\$35

Bulk Sessions

6 Sessions	YMCA Member	Non-Member
30- Minute Sessions	\$110	\$130
1-Hour Sessions	\$150	\$170

10 Sessions	YMCA Member	Non-Member
30- Minute Sessions	\$170	\$190
1-Hour Sessions	\$215	\$235

Group Sessions

2-5 Individuals

6 Sessions	YMCA Member	Non-Member
1-Hour Sessions	\$105	\$120

10 Sessions	YMCA Member	Non-Member
1-Hour Sessions	\$150	\$165

***Amounts per individual**



RIVER VALLEY REGIONAL YMCA- JERSEY SHORE BRANCH

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