

START TODAY FOR A BETTER TOMORROW



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Personal Training

We offer personal training programs that provide specialized, one-on-one or group training with certified instructors to help you meet your healthy living goals. Your personal trainer will help you optimize your physical and mental well-being while showing you techniques that integrate healthy living choices into your busy schedule.

Single Sessions:

1 Hour -	\$35 (member)	\$40 (potential member)
45 Min -	\$30 (member)	\$35 (potential member)
½ Hour -	\$25 (member)	\$30 (potential member)

Bulk Package: (6 Sessions)

Purchase 5 sessions get 1 session FREE!

1 Hour -	\$175 (member)	\$200 (potential member)
45 Min -	\$150 (member)	\$170 (potential member)
½ Hour -	\$130 (member)	\$145 (potential member)

Bulk Package: (10 sessions)

Purchase 8 sessions get 2 sessions FREE!

1 Hour -	\$280 (member)	\$320 (potential member)
45 Min -	\$210 (member)	\$240 (potential member)
½ Hour -	\$180 (member)	\$200 (potential member)

NEW Group Rates (2-4 people):

Single Sessions:

1 Hour -	\$30 per person (member)	\$35 per person (potential member)
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Bulk Package: (6 sessions)

Purchase 5 sessions get 1 sessions FREE!

1 Hour -	\$145 per person (member)	\$150 per person (potential member)
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TIOGA COUNTY BRANCH YMCA

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