



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ONE-ON-ONE & GROUP PERSONAL TRAINING

Maximize your workout with individualized and/or group training. Work one-on-one with a personal trainer to achieve YOUR specific wellness goals: weight loss, muscular strength, sports training, core, flexibility, accountability, and more! OR form a group of 2 – 5 individuals with like wellness goals and a personal trainer will train you together.

Ages

12 years of age and beyond

When:

Once you are set-up by the wellness director with your assigned personal trainer, appointments can be made to fit YOUR busy schedule.

Where

Williamsport YMCA Fitness Centers and Program Areas

Contact

Rachel Bryant/Williamsport YMCA at
570-323-7134 x 109 or rachelb@rvrymca.org
Female and/or male personal trainers can be requested.



Member/Non-Member

New Members will be charged a \$20 consultation fee, to cover the Personal Trainer's initial consultation appointment. This appointment will not count as one of your below purchased Personal Training sessions.

ONE-ON-ONE

Member –	1 session:	½ Hour - \$30	45 Minutes - \$35	1 Hour - \$40
	7 sessions:	½ Hour - \$180	45 Minutes - \$210	1 Hour - \$240
	12 sessions:	½ Hour - \$300	45 Minutes - \$350	1 Hour - \$400

GROUP (2 – 5 individuals, each individual pays the 12 session fee)

Member –	12 sessions:	1 Hour - \$216
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ONE-ON-ONE

Non-Member –	1 session:	½ Hour - \$35	45 Minutes - \$40	1 Hour - \$45
	7 sessions:	½ Hour - \$210	45 Minutes - \$240	1 Hour - \$270
	12 sessions:	½ Hour - \$350	45 Minutes - \$400	1 Hour - \$450

GROUP (2 – 5 individuals, each individual pays the 12 session fee)

Non-Member –	12 sessions:	1 Hour - \$240
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Additional Info:

Once you have been set-up with a personal trainer and your specific wellness goals have been discussed, you will be given a suggested training session time length and frequency.

WILLIAMSPORT YMCA

570-323-7134 641 Walnut Street www.rvrymca.org/williamsport