



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PERSONAL TRAINING PRICES

Assessments	InBody Scan Family Membership: \$20 Community Member: \$40		Fitness Assessment Family Membership: \$45 Community Membership: \$90	
PERSONAL TRAINING				
	Family Membership 1-on-1	Youth & Teen Membership 1-on-1	Semi-Private (2+ Members)	Youth & Teen Membership Semi-Private (2+ Members)
1 Hour	1 Session \$54	1 Session \$68	1 Session \$36/ Member	1 Session \$45/ Member
	5 Sessions \$257	5 Sessions \$322	5 Session \$171/ Member	5 Session \$214/ Member
	10 Sessions \$490	10 Sessions \$613	10 Session \$324/ Member	10 Session \$405/ Member
	20 Sessions \$945	20 Sessions \$1,181	20 Session \$612/ Member	20 Session \$765/ Member
30 Minutes	1 Session \$35	1 Session \$45	1 Session \$20/ Member	1 Session \$25/ Member
	5 Sessions \$167	5 Sessions \$209	5 Session \$95/ Member	5 Session \$119/ Member
	10 Sessions \$315	10 Sessions \$394	10 Session \$180/ Member	10 Session \$225/ Member
	20 Sessions \$595	20 Sessions \$744	20 Session \$340/ Member	20 Session \$425/ Member

FT PRICES

A fun, energetic high intensity group training class. The progressive programming will improve your endurance, strength, and power throughout total body exercises making you fit.

	Family Members	Youth & Teen Members	Community Members
Monthly Membership	\$55/ month (unlimited classes)	\$70/ month (unlimited classes)	X

Questions about Personal Training?

Contact Brooke Damboise, Assistant Fitness Director (bdamboise1@metrowestymca.org)

Katrina Ladd, Senior Director of Healthy Living (kladd@metrowestymca.org)