



FOR YOUTH DEVELOPMENT™
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

PERSONAL TRAINING PRICES

Assessments	InBody Scan Family Membership: \$21 Community Member: \$42		Fitness Assessment Family Membership: \$46 Community Membership: \$92	
PERSONAL TRAINING				
	<i>Family Membership 1-on-1</i>	<i>Youth & Teen Membership 1-on-1</i>	<i>Semi-Private (2+ Members)</i>	<i>Youth & Teen Membership Semi-Private (2+ Members)</i>
1 Hour	1 Session \$56	1 Session \$76	1 Session \$37/ Member	1 Session \$50/ Member
	5 Sessions \$265	5 Sessions \$358	5 Session \$176/ Member	5 Session \$238/ Member
	10 Sessions \$505	10 Sessions \$682	10 Session \$334/ Member	10 Session \$451/ Member
	20 Sessions \$973	20 Sessions \$1,314	20 Session \$630/ Member	20 Session \$851/ Member
30 Minutes	1 Session \$36	1 Session \$49	1 Session \$21/ Member	1 Session \$26/ Member
	5 Sessions \$172	5 Sessions \$232	5 Session \$98/ Member	5 Session \$123/ Member
	10 Sessions \$324	10 Sessions \$437	10 Session \$185/ Member	10 Session \$232/ Member
	20 Sessions \$612	20 Sessions \$766	20 Session \$350/ Member	20 Session \$438/ 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)