

WORKING TOGETHER TO HELP YOU LIVE BETTER

NEW! PERSONAL TRAINING PACKAGES



NEW PACKAGES TO FIT YOUR TRAINING SCHEDULE!

Our new personal training packages are designed to align with your weekly sessions. Packages include 1, 4, 8, 12, or 24 sessions to allow you to select from scheduling time with your trainer once per week, up to three times per week. Planning around your busy life and your health & wellness goals has never been easier!

PERSONAL TRAINING PACKAGES

1 SESSION

4 SESSIONS
1 DAY/WEEK

8 SESSIONS
2 DAYS/WEEK

12 SESSIONS
3 DAYS/WEEK

24 SESSIONS
BEST VALUE!

*Designing a schedule with your trainer can be flexible, and based on availability.

WE'VE GOT A TRAINER FOR YOU!

No matter your health and wellness goals, our certified personal trainers are prepared to meet them, as your partner. Whether you want to lose weight, train for an ironman or combat a chronic disease, we have a trainer that will help you get there. Our certifications also include specialties to align with your specific needs, such as cancer specialists, Parkinson's specialists, performance specialists, and more.



YMCA OF LONG ISLAND

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