

# PUSH YOUR LIMITS!

## YMCA PERSONAL TRAINING

Team up with a **YMCA PERSONAL TRAINER** and reach your goals for good!  
We'll match you with a trainer that meets your needs.  
Private and Group Training Packages Available.

### Great South Bay YMCA 2024 Rates

#### 1-Hour Sessions

1 Session	\$70
4 Sessions	\$281
8 Sessions	\$540
12 Sessions	\$780
24 Sessions	\$1490

#### ½ Hour Sessions

1 Session	\$50
4 Sessions	\$169
8 Sessions	\$332
12 Sessions	\$475
<b>New!</b> 24 Sessions	\$910

#### 6 Month: 2x/wk – 48 Sessions (ELIMINATE)

1-Hour	\$2640
½ Hour	\$1634

#### 6 Month: 3x/wk – 72 Sessions (ELIMINATE)

1-Hour	\$3962
½ Hour	\$2453

#### Introductory Rate (1 Time Purchase!)

(3) 1-Hour Sessions	\$150
<b>New!</b> (3) ½ Hour Sessions	\$99



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