

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.

YMCA at Glen Cove 2024 Rates

1-Hour Sessions

1 Session	\$70
4 Sessions	\$280
8 Sessions	\$538
12 Sessions	\$783
24 Sessions	\$1498

½ Hour Sessions

1 Session	\$50
4 Sessions	\$174
8 Sessions	\$334
12 Sessions	\$477
New! 24 Sessions	\$910

Introductory Rate (1 Time Purchase!)

(3) 1-Hour Sessions	\$150
New! (3) ½ Hour Sessions	\$99



YMCA at Glen Cove
125 Dosoris Lane
Glen Cove, NY 11542

(516) 671-8270
Fitness@ymcali.org
YMCALI.org