

# 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.

### Patchogue Family YMCA 2024 Rates

#### 1-Hour Sessions

1 Session	\$65
4 Sessions	\$240
8 Sessions	\$459
12 Sessions	\$662
24 Sessions	\$1275

#### ½ Hour Sessions

1 Session	\$50
4 Sessions	\$159
8 Sessions	\$300
12 Sessions	\$433
<b>New!</b> 24 Sessions	\$815

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

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



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