

WHERE STRENGTH MEETS SUPPORT!

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.

East Hampton YMCA RECenter 2026 Rates

1-Hour Sessions

1 Session	\$90
4 Sessions	\$350
8 Sessions	\$670
12 Sessions	\$960
New! 18 Sessions	\$1400
24 Sessions	\$1825

½ Hour Sessions

1 Session	\$60
4 Sessions	\$220
8 Sessions	\$420
12 Sessions	\$599
New! 18 Sessions	\$865
24 Sessions	\$1105

Introductory Rate (1 Time Purchase!)

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



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