

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.

Great South Bay YMCA 2026 Rates

1-Hour Sessions

1 Session	\$80
4 Sessions	\$299
8 Sessions	\$570
12 Sessions	\$840
New! 18 Sessions	\$1225
24 Sessions	\$1590

½ Hour Sessions

1 Session	\$50
4 Sessions	\$180
8 Sessions	\$355
12 Sessions	\$505
New! 18 Sessions	\$722
24 Sessions	\$920

Introductory Rate (1 Time Purchase!)

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



Great South Bay YMCA
200 W Main Street
Bay Shore, NY 11706

(631) 665-4255
Fitness@ymcali.org
YMCALI.org