

# 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.

### Huntington YMCA 2026 Rates

#### 1-Hour Sessions

1 Session	\$80
4 Sessions	\$305
8 Sessions	\$585
12 Sessions	\$835
<b>New!</b> 18 Sessions	\$1200
24 Sessions	\$1550

#### ½ Hour Sessions

1 Session	\$60
4 Sessions	\$220
8 Sessions	\$390
12 Sessions	\$555
<b>New!</b> 18 Sessions	\$795
24 Sessions	\$1010

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

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

#### Assisted Stretching Package (Same Rates!)

Improve core strength and posture, enhance athletic performance and reduce recovery time, better manage the effects of chronic stress, and speed up the body's natural healing process!



Huntington YMCA  
60 Main Street  
Huntington, NY 11743

(631) 421-4242  
[Fitness@ymcali.org](mailto:Fitness@ymcali.org)  
[YMCALI.org](http://YMCALI.org)