

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

#### ½ Hour Sessions

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

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

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

#### 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!



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