

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.

Patchogue Family YMCA 2026 Rates

1-Hour Sessions

1 Session	\$75
4 Sessions	\$282
8 Sessions	\$545
12 Sessions	\$790
New! 18 Sessions	\$1150
24 Sessions	\$1500

½ Hour Sessions

1 Session	\$50
4 Sessions	\$182
8 Sessions	\$352
12 Sessions	\$499
New! 18 Sessions	\$720
24 Sessions	\$920

Introductory Rate (1 Time Purchase!)

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



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