



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**DO MORE
BE MORE**

**Personal
Training**



Maximize your fitness potential with YMCA Personal Training

Get back on track and get the results you've always wanted!

Personal Training Provides:

- Exercise Programming
- Nutrition counseling
- Weight Loss tips
- Corrective exercise
- Sports conditioning
- Plateau training—get over that final hump and start losing those last couple pounds
- Functional training

Trainer Specialties:

- Obesity
- Diabetes
- Lower back pain
- Sports conditioning (basketball, soccer, football, golf, etc.)
- Functional training—helping make everyday activities easier
- Core training
- Strength training
- Cardio training
- Weight loss
- Interval training

OUR POLICY: At the YMCA, we understand that every member has different needs when it comes to their health and fitness. The options that are provided by the YMCA are designed to help members and the surrounding community with an opportunity to work with a qualified personal trainer at an affordable price. All packages listed above expire after 90 days from the date of purchase and there is a 24-hour cancellation policy.

If you have further questions please call Stephen Rockett, Health and Wellness Supervisor at 269-428-9622.



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Benton Harbor—St. Joseph YMCA Family Center
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www.bhsjymca.org

YMCA PERSONAL TRAINING

OPTION A:

ONE-ON-ONE TRAINING

ONE-ON-ONE personal training is to help you set and accomplish your fitness goals. YMCA Personal Trainers are equipped with the expertise and knowledge to move you in the direction of a healthier, more fit lifestyle. Nutrition counseling, exercise programming, and sports conditioning are a few of the perks of using a Y trainer.

**So, why are you waiting?
Sign up today and you'll begin
a healthier, happier tomorrow!**

FEE: YMCA Members

1 Hour	\$35.00
4 Hour Package	\$134.00
6 Hour Package	\$200.00
8 Hour Package	\$260.00

Community

1 Hour	\$45.00
4 Hour Package	\$155.00
6 Hour Package	\$230.00
8 Hour Package	\$300.00

OPTION B:

PARTNER TRAINING (2 People)

PARTNER TRAINING with a personal trainer is a great way to get fit with a friend, family member, or co-worker! This option allows you and a partner to train with a YMCA Personal Trainer at a discounted rate, making the experience more enjoyable at an affordable rate.

FEE: YMCA Members

1 Hour	\$46.00
4 Hour Package	\$190.00
8 Hour Package	\$350.00

Community

1 Hour	\$50.00
4 Hour Package	\$210.00
8 Hour Package	\$390.00

OPTION C:

GROUP TRAINING (3-6 People)

GROUP TRAINING is for individuals with similar goals in mind. Group Training with a YMCA Personal Trainer allows YMCA members, as well as the community, to train to work toward a common goal. This option is great for young athletes looking to advance to the next level in their sport.

FEE: YMCA Members

4 Hour	\$69.00/pp
6 Hour Package	\$109.00/pp
8 Hour Package	\$149.00/pp

Community

4 Hour	\$110.00/pp
6 Hour Package	\$170.00/pp
8 Hour Package	\$230.00/pp