

PERSONAL TRAINING

One-on-One Training

Resist the risk of aimless workouts with professionally structured routines to burn fat, build endurance, and surge strength. Trainers will create customized workouts targeted at achieving your fitness goals. Worried about time? Choose between half hour or hour long sessions. Empower your journey to health with personal trainers from the Y!

SINGLE SESSION PRICES

60-Minute: \$55

PERSONAL TRAINING PACKAGES

	60 MIN. SESSIONS	30 MIN. SESSIONS
Package	Price	Price
4	\$200	\$120
8	\$360	\$216
12	\$480	\$288

MAKE THE COMMITMENT AND SAVE!

Reach your fitness goals by investing in personal training packages.

**TRAIN
SMARTER
NOT HARDER**



NEW!

**PERSONAL
TRAINING
PROGRAMS &
PACKAGES!**

INVEST IN YOUR HEALTH AND RECEIVE THE BENEFITS

- REDUCE STRESS
- IMPROVE SLEEPING PATTERNS
- LIVE A HEALTHIER, LONGER LIFE
- ELEVATE YOUR MOOD
- IMPROVE QUALITY OF LIFE
- REDUCE RISK OF DISEASE

**Invest in fitness education
that will last a lifetime...**

To find a Personal Trainer for you, contact:

**Bethany Ratliff, Wellness Director at
315-363-7788 x233 or
bratliff@ymcatrivalley.org**

Oneida Family YMCA

