

Personal Training



YMCA of Cecil County



We have a great staff of Certified Personal Trainers who are skilled and experienced and are here to help you obtain your fitness goals and keep you motivated! July 2017

Personal Training

<u>Member</u>	<u>Non-Member</u>
\$80 2 sessions	\$110 2 sessions
\$160 4 sessions	\$190 4 sessions
\$240 6 sessions	\$270 6 sessions
\$320 8 sessions	\$350 8 sessions
\$400 10 sessions	\$430 10 sessions
\$480 12 sessions	\$510 12 sessions
\$640 16 sessions	\$670 16 sessions
\$960 24 sessions	\$990 24 sessions

**For Single sessions only:
\$55 per session Member
\$85 per session Non-Member**

Total Body Composition

**Schedule an appointment with one of our Trainers for a Total Body Composition:
Weight/BMI/Body Fat/Visceral Fat (Tummy Fat)/Body Age/Skeletal muscle/resting metabolism/circumference measurements.**

Members \$7 Non-Members \$27

Members Only! Firework Special If you really want to see results, this one is it. You will definitely notice a difference in your stamina/strength/flexibility and it will become habit forming. Certified Trainers are here to help you get there. Members, buy a package of 10 sessions and receive 3 free! Also included is a TOTAL Body Composition! Value of over \$527 for \$400 don't miss this one!

Partners in Training

Keeping up with a fitness program is a lot easier when you have a friend who is committed to doing the same. Partners in training makes it possible for two people with similar goals to work with one trainer. Giving you a more than one reason to stay focused and finish what you start, that's what partners do!

<u>Member</u>	<u>Non-Member</u>
\$90 3 sessions per person	\$120 3 sessions per person
\$180 6 sessions per person	\$210 6 sessions per person
\$240 8 sessions per person	\$270 8 sessions per person
\$300 10 sessions per person	\$330 10 sessions per person
\$360 12 sessions per person	\$360 12 sessions person

***Prices are per person. (A great deal!)**

Short Stack

Have a desire to work a specific area, which requires less time? Short stacking is a perfect solution for people who have a tough time finding the time to workout. All sessions are **30 minutes long**. A time frame that fits into **your busy** schedule and meets **your** specific needs.

<u>Member</u>	<u>Non-Member</u>
\$100 4 sessions	\$145 4 sessions
\$150 6 sessions	\$180 6 sessions
\$200 8 sessions	\$230 8 sessions
\$250 10 sessions	\$280 10 sessions
\$300 12 sessions	\$330 12 sessions

***Attention:** Please be courteous to our Trainers and give them at least an **8** hour advance notice of cancellation. Trainer has option of charging you for missed sessions without proper notification!