



We build strong kids,  
strong families,  
strong communities.



# PERSONAL TRAINING

## INDIVIDUAL SESSIONS

**EXPRESS** Session (30 minutes) = \$20

**FULL** Session (60 minutes) = \$35

**EXTENDED** Session (90 minutes) = \$50

### STARTER PACKAGES (10% saving)

5 Express Sessions = \$90

5 Full Sessions = \$158

5 Extended Sessions = \$225

### GOAL SETTING PACKAGES (15% saving)

10 Express Sessions = \$170

10 Full Sessions = \$300

10 Extended Sessions = \$425

### GOAL REACHING PACKAGES (20% saving)

12 Express Sessions = \$192

12 Full Sessions = \$335

12 Extended Sessions = \$480

*\*Financial Assistance is available to those who qualify.  
The YMCA will not turn anyone away due to an inability to pay.*

**See Member Services Counter for Details.**

**FITNESS LINE: (805) 781-3518 ext. 112**

# YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.