



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LET'S GET STRONGER TOGETHER

PERSONAL TRAINING PACKAGES Red Wing Family YMCA



Your body deserves a unique fitness regime tailored to YOU. At the Y, our nationally-certified Personal Trainers can assist you in reaching your fitness and weight loss goals through one-on-one or group settings. Rev up a stale exercise routine with fresh approaches to your workout. Break out of your fitness plateau - challenge yourself. Reduce the risk of injury by learning proper techniques. Set goals and improve your performance in a sport. Stay motivated and committed to your exercise program!

ONE-ON-ONE TRAINING PACKAGES

30 Minute Sessions:

- 1 Session - \$35 / \$45
- 3 Sessions - \$90 / \$120
- 6 Sessions - \$165 / \$225
- 12 Sessions - \$300 / \$420
- 20 Sessions - \$425 / \$625

60 Minute Sessions:

- 1 Session - \$55 / \$65
- 3 Sessions - \$150 / \$180
- 6 Sessions - \$285 / \$345
- 12 Sessions - \$540 / \$660
- 20 Sessions - \$800 / \$1000

SMALL GROUP TRAINING PACKAGES (2-3 PEOPLE)

30 Minute Sessions: (Priced Per Person)

- 6 Sessions - \$135 / \$195
- 12 Sessions - \$240 / \$360

60 Minute Sessions: (Priced Per Person)

- 6 Sessions - \$165 / \$225
- 12 Sessions - \$300 / \$420