



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PERSONAL TRAINING

Base Personal Training Packages

Traditional one-on-one fitness training from experienced Certified Personal Trainers

- 1 Hour Single Sessions: \$55
- 30 Minute Single Sessions: \$40

Fitness & WEIGHT MANAGEMENT Programs

- YMCA Fitness and weight management program: \$225
-(10) 30 min session
- YMCA Advanced Fitness & Weight Management Program: \$325
-(10) 1 Hour sessions
- Partner Personal Training: \$487.50
(10) 1 Hour sessions (must train together)
- Non-Member Price: \$390/+ \$10 Registration Fee
(10) 1 Hour sessions

*For additional information please call 985-893-9622 ex.310 or email
patrickh@ymcaneworleans.org*