

PERSONAL TRAINING PACKAGES & FEES



Whether you're trying to lose a few pounds, compete in a triathlon, or just get healthier, our nationally certified personal trainers have the knowledge and skills to help you reach your goals. Our personal trainers will tailor a program to your specific needs, wants and goals and provide the coaching and motivation you need to help you succeed.

Benefits of Personal Training

- Gain Strength
- Increase Endurance
- Lose Weight
- Build Power
- Improve Form
- Prevent Injury
- Maximize Efficiency
- Overcome Plateaus

Individual Personal Training Packages & Fees

60-minute individual training sessions

- 1 session - \$60
- 6 sessions - \$300

30-minute individual training sessions

- 4 sessions - \$120
- 8 sessions - \$225
- 12 sessions - \$300

Partner Personal Training Packages & Fees

60-minute partner training sessions

- 6 sessions - \$180
- 8 sessions - \$225
- 12 sessions - \$325

30-minute partner training sessions

- 12 sessions - \$180 per partner

Team Personal Training Packages & Fees

60-minute team training sessions (3-4 people)

- 4 sessions - \$100 per person



For more information contact Raschel Biagioli at
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