

MOTIVATION SUPPORT SUCCESS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Personal Training

YMCA OF METROPOLITAN MILWAUKEE

Make a commitment to your health! Our certified personal trainers are ready to help you gain confidence and get results. Whether your goal is to build strength, reduce stress, lose weight, or improve endurance, we'll provide the guidance and support you need to succeed.



Want to find your perfect fit?

Request a FREE consultation at ymcamke.org/Personal-Training.

Individual Training (1-on-1)

Experience the difference of working with a personal trainer. You'll enjoy a personalized training plan tailored to your unique needs and goals, ensuring you get the most effective workouts to unlock your full potential.

4 SESSIONS »

30-MIN. \$130/Member	45-MIN. \$188/Member	60-MIN. \$248/Member
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8 SESSIONS »

30-MIN. \$248/Member	45-MIN. \$360/Member	60-MIN. \$480/Member
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12 SESSIONS »

30-MIN. \$348/Member	45-MIN. \$516/Member	60-MIN. \$675/Member
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Partner Training (2-on-1)

Discover how training with a partner can make your wellness journey more rewarding! Strengthen your bond with a friend or family member as you reach fitness milestones together. Custom workouts designed to be challenging and fun will ensure you both get the most out of every session.

4 SESSIONS »

30-MIN. \$88/Member	45-MIN. \$120/Member	60-MIN. \$150/Member
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8 SESSIONS »

30-MIN. \$150/Member	45-MIN. \$212/Member	60-MIN. \$280/Member
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12 SESSIONS »

30-MIN. \$204/Member	45-MIN. \$306/Member	60-MIN. \$390/Member
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Limit two participants per session. Each person must sign up for their own partner training package. Partners must schedule sessions during the same time and with the same personal trainer. Sessions will be redeemed for both partners, even if only one participant attends.

In-person and virtual training options are offered for ages 13 & up. Prepaid package sessions expire 6 months after the date of purchase. Sessions are non-refundable. Pricing is per person. Non-member rates available upon request. Prices subject to change. Ask for pricing and availability of team training (three or more participants).