



FOR YOUTH DEVELOPMENT™
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Personal Training Prices

Assessments	InBody Scan		Fitness Assessment	
	FM: \$20	YM: \$25 CM: \$40	FM: \$45	YM:\$56 CM: \$90
PERSONAL TRAINING				
	<i>Family Membership 1-on-1</i>	<i>Youth & Teen Membership 1-on-1</i>	<i>Semi-Private (2+ Members)</i>	<i>Youth & Teen Membership Semi-Private (2+ Members)</i>
1 Hour	1 Session \$54	1 Session \$68	1 Session \$36/ Member	1 Session \$45/ Member
	5 Sessions \$257	5 Sessions \$322	5 Session \$171/ Member	5 Session \$214/ Member
	10 Sessions \$490	10 Sessions \$613	10 Session \$324/ Member	10 Session \$405/ Member
	20 Sessions \$945	20 Sessions \$1,181	20 Session \$612/ Member	20 Session \$765/ Member
30 Minutes	1 Session \$35	1 Session \$45	1 Session \$20/ Member	1 Session \$25/ Member
	5 Sessions \$167	5 Sessions \$209	5 Session \$95/ Member	5 Session \$119/ Member
	10 Sessions \$315	10 Sessions \$394	10 Session \$180/ Member	10 Session \$225/ Member
	20 Sessions \$595	20 Sessions \$744	20 Session \$340/ Member	20 Session \$425/ Member

FT Prices

	Family Members	Youth & Teen Members	Community Members
Monthly Membership	\$50/ month (unlimited classes)	X	X
5 Classes	\$60	\$75	\$120
10 Classes	\$100	\$125	\$200

Questions about Personal Training?

Contact Kevin Meleshuk, Assistant Wellness Director (kmeleshuk@metrowestymca.org)
 Katrina Ladd, Health & Wellness Director (kladd@metrowestymca.org)