



FOR YOUTH DEVELOPMENT™
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

PERSONAL TRAINING PRICES

| Assessments | InBody Scan FM: \$20 YM: \$25 CM: \$40 | | Fitness Assessment 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) | \$63/ month (unlimited classes) | X |
| 5 Classes | \$60 | \$75 | \$120 |
| 10 Classes | \$100 | \$125 | \$200 |

Questions about Personal Training?

Contact Daniel Irwin, Assistant Wellness Director (danielirwin@metrowestymca.org)

Katrina Ladd, Senior Director of Healthy Living (kladd@metrowestymca.org)