

Personal TRAINING

Need help getting healthier? We've got your back.



ymcacentralflorida.com



We'll make the plan. You make the progress.

Feel like you're getting nowhere with your fitness goals? Are you stuck in a workout rut, or simply ready to see better results for your efforts? Let our Y personal trainers help. Our nationally certified fitness experts provide the insight and inspiration you need to achieve your goals. Whether you're looking to drop a dress size, shave a few seconds off your mile, or simply keep up with your kids on the basketball court, the Y has you covered.

And with so many different personal training packages available, you can choose the level of support that fits your schedule and your budget.



INDIVIDUAL SESSIONS

30 MINUTE SESSIONS	Per Session	Total Cost
4 Sessions	\$30	\$120
8 Sessions	\$28	\$224
12 Sessions	\$25	\$300

60 MINUTE SESSIONS	Per Session	Total Cost
4 Sessions	\$60	\$240
8 Sessions	\$56	\$448
12 Sessions	\$50	\$600

PARTNER SESSIONS

60 MINUTE SESSIONS	Per Session	Total Cost
4 Sessions	\$45	\$180
8 Sessions	\$40	\$320
12 Sessions	\$35	\$420

SMALL GROUP SESSIONS

60 MINUTE SESSIONS	Put together your own group and start when you are ready. (3 to 6 members)
8 Sessions	\$200 Per Person
12 Sessions	\$240 Per Person

SIGN UP TODAY!
Visit your neighborhood YMCA of Central Florida Family Center to learn more.