



# WORK TOWARD YOUR GOALS



## PERSONAL TRAINING

- Gain Strength
- Weight Loss
- Build Power
- Improve Form
- Weight Control
- Long Distance Running

You're never in this alone. Work with one of the YMCA's certified personal trainers to reach your physical goals.

For more information  
434.369.9622

Altavista Area YMCA  
718 7th St, Altavista, VA  
24517



## Personal Training Price Sheet

Sessions	Individual Price Mem/Non-Mem	Price Breakdown Mem/Non-Mem	Sessions	Group Price (3 max) Mem/Non-Mem	Price Breakdown Mem/Non-Mem
1	45/60		1	75/120	25/40per person
4	160/220	40/55	4	240/420	20/35per person
8	300/420	37.50/52.50	8	430/790	17.95/32.95 per person
12	420/600	35/50	12	540/1080	15/30 per person

\*Packages bigger than mentioned will be discussed

- Each session will last approximately 1 hour +/- 10 minutes
- Time will be spent motivating through workout and teaching/critiquing form
- Session will be customized toward your goals
- Session will be created to be able to reuse and/or build upon

### Free Consultation

- Prior to first session, client will meet with personal trainer to discuss goals
- Trainer will take clients assessments
- Trainer will review all paperwork
- Client and trainer will set up first session time and date (please allow min 1 day to create workout)