



PERSONAL TRAINING & INBODY PACKAGES

Achieve your fitness goals with expert guidance and personalized support. Our certified trainers create custom workouts tailored to your needs, helping you build strength, improve endurance, and stay motivated every step of the way.

**TAKE YOUR FITNESS TO A WHOLE NEW LEVEL,
NO MATTER YOUR CURRENT ABILITY!**

NATIONALLY CERTIFIED PERSONAL TRAINERS

BUY NOW

SCAN ME



Y MEMBER & COMMUNITY MEMBER PERSONAL TRAINING PRICING

# OF SESSION(S)	Y MEMBER 1 CLIENT 30-MINUTE	Y MEMBER 1 CLIENT 60-MINUTE	Y MEMBER 2 CLIENTS* 60-MINUTE	Y MEMBER 3 CLIENTS* 60-MINUTE	COMMUNITY MEMBER 1 CLIENT 60-MINUTE
1	\$33	\$55	\$45	\$40	\$70
3	\$96	\$160	\$128	\$106	\$210
5	\$155	\$260	\$208	\$182	\$340
10	\$300	\$500	\$394	\$342	\$660

*Price is per client. Each client must purchase session. All packages include a Complimentary Fitness Skills Assessment.

INBODY BODY COMPOSITION ANALYSIS (YMCA Member/Community Member)

PACKAGE NAME	1 SESSION	2 SESSIONS	4 SESSIONS	6 SESSIONS*	12 SESSIONS**
InBody Scanner	\$40/\$60	\$75/\$115	\$140/\$220	\$200/\$300	\$385/\$575

* Buy 5, get 1 FREE. **Buy 10, get 2 FREE

PURCHASE TODAY

Visit ymcaatacrc.org or call 507.433.1804 ext. 122

Questions? ireuter@ymcaatacrc.org

**MEET OUR
TRAINERS**

SCAN ME!

