



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRAIN YOUR BODY
FOCUS YOUR MIND
DEVELOP YOUR SPIRIT
PERSONAL TRAINING
PLAINVIEW YMCA WELLNESS CENTER



Benefits of Personal Training

NATIONALLY CERTIFIED STAFF
VARIED PROGRAM TO MEET SPECIFIC NEEDS
FOCUSED/QUALITY WORKOUTS
ACHIEVE HEALTH AND FITNESS GOALS FASTER
HIGHSET LEVEL OF ACCOUNTABILITY

Types of Personal Training:

Weight Management
Strength and Conditioning
Sport Specific Training
Pre & Post Natal Fitness
Rehabilitation Transition

PERSONAL TRAINING RATES

One Hour Individual Sessions

1 Session \$30 10 Sessions \$210
5 Sessions \$120 20 Sessions \$375
30 Sessions \$565

Non—Members: \$40/ 5 for \$170

One Hour Partner Training Sessions

1 Session \$45
5 Sessions \$180

**Price is split between 2 people*

Non-members \$65 or 5 for \$280

GROUP Training

1 Session \$65
5 Sessions \$280

**Price is spit between 3-4 people*

Non-members \$85 or 5 for \$380

Basic New Member Package

Free for 1 month from time of joining

1 Free Personal Fitness Assessment

2 Free Personal Training Sessions

\$72 value!

New Member Plus Package: \$90

1 Free Personal fitness Assessment

5 Personal Training Sessions

\$130 value!

PFA— Personal fitness Assessment : \$12

30 minute assessment includes: Cardio-respiratory testing, muscular strength and endurance testing, body composition testing, body fat %, flexibility testing & goal setting

To book sessions with a Personal Trainer, please visit our front desk and schedule your appointment.

All appointments must be made and cancelled at least 24 hours in advance. Payment MUST be made at time of scheduling. If you have any questions, please contact our front desk staff or Ashley

Mayberry, Health and Wellness Director at 806-293-8319 or amayberry@plainviewymca.org

