

PERSONAL TRAINING RATES

Personal Training

1—60 minute session	\$35
5—60 minute session	\$165
10—60 minute session	\$310

Small Group Training

Members: \$12 per person per hour session
Non-Members: \$30 per person per hour session

MEMBERSHIP RATES

Youth (0-18 years)

Monthly Rate: \$18

Joiner Fee: \$0

Young Adult (19-26 years)

Monthly Rate: \$20

Joiner Fee: \$20

Adult (27-64 years)

Monthly Rate: \$47

Joiner Fee: \$50

Family

Monthly Fee: \$67

Joiner Fee: \$50

Family (No children)

Monthly Fee: \$60

Joiner Fee: \$50

Single Adult Family

Monthly Fee: \$50

Joiner Fee: \$50

Senior Adult (65 and older)

Monthly Fee: \$42

Joiner Fee: \$50

Senior Family

Monthly Fee: \$60

Joiner Fee: \$50

Non-members may use the locker room and facility before/during/after a personal training session.

FACILITY HOURS

Manitowoc-Two Rivers YMCA

September-May

Monday	5 am - 10 pm
Tuesday	5 am - 10 pm
Wednesday	5 am - 10 pm
Thursday	5 am - 10 pm
Friday	5 am - 10 pm
Saturday	6 am - 9 pm
Sunday	9 am - 5 pm

June-August

Monday	5 am - 9 pm
Tuesday	5 am - 9 pm
Wednesday	5 am - 9 pm
Thursday	5 am - 9 pm
Friday	5 am - 9 pm
Saturday	6 am - 1:30 pm
Sunday	9 am - 1:30 pm

The YMCA is closed on some holidays.



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(MTR YMCA Personal Training)



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU
RAISE
YOUR BAR!
Personal Training Services

MANITOWOC-TWO RIVERS YMCA

SHAPE YOUR BODY



PERSONAL TRAINING APPOINTMENTS

Scheduling your Training Sessions

To schedule your personal training sessions, stop at the front desk or call the main YMCA line: 920-242-5053. Payment is required at the time of service. Cash, check or credit card is accepted (Visa, Master Card, Discover).

Session Cancellation Policy

Cancellations must be made at least 24 hours prior to your scheduled appointment, or you will be charged for the missed service.

TYPES OF PERSONAL TRAINING

Personal Training

One-on-one training to reach your wellness goals. Whether it is weight loss, muscular strength/flexibility, injury prevention, or post rehabilitation; a YMCA Certified Personal Trainer will help you attain your goals. All ages are allowed.

Small Group Training

Create small groups of between 3-6 youth/adults to train together with a YMCA Certified Personal Trainer. Develop healthy habits with friends. Allowed for youth and adults.

BENEFITS OF HAVING A PERSONAL TRAINER

1. It's educational
2. They help perfect form
3. They can help with your unique requirements
4. They help you set realistic goals
5. They can help with specific goals, such as training for an event
7. They hold you accountable
8. No wasted time = maximum results
9. It's not just fitness they can help with
10. They improve your mental health
11. They're an unofficial therapist
12. They help you form good habits
13. Personalized training plan
14. They fit into your schedule
15. Increased flexibility for location
16. They challenge you

