



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

SMALL GROUPS GREAT RESULTS

SMALL GROUP PERSONAL TRAINING



SMALL GROUP PERSONAL TRAINING is a group workout with the benefit of individualized attention. Sessions are limited to a minimum of two participants and a maximum of four participants. Train together with a YMCA Personal Trainer. Work up a sweat and get stronger in every session with programming that combines resistance training, cardio, stability, balance, strength training, or create your own workout. Whether you are training for that extra edge in a sport, meeting with friends for a great workout, or just want the expertise of a personal trainer—this program is for you.

Fees listed below are per person. For more information or questions, please contact Membership Services desk 920.482.1500.

<u>2 PEOPLE</u>	<u>PACKAGE (COST PER PERSON)</u>
\$31	1-60 MIN SESSION
\$148	5-60 MIN SESSIONS *BEST VALUE*
\$23	1-30 MIN SESSION
\$109	5-30 MIN SESSIONS

****YOU PICK THE DAY AND TIME****

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