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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MOTIVATION SUPPORT SUCCESS

30 Minute Session ..... \$30

60 Minute Session ..... \$45

Partner Training  
60 Minute Session ..... \$70

## YMCA Personal Training

Get in shape with one on one or small group training with a certified Personal Trainer. All sessions are catered to individual or small group needs to help individuals achieve maximum results and meet fitness goals.



Get strong with us  
Stay strong with us

SALEM FAMILY YMCA



## Personal Training Rates

<u>Personal Training</u>	<u>Member Rate</u>
One—Hour Session	\$45
30-Minute Session	\$30
<u>Partner Training</u>	
One—Hour Session	\$70

## Personal Training Packages

<u>Personal Training</u>	<u>Member Rate</u>
6 One-Hour Sessions	\$252 (\$42 per)
8 One-Hour Sessions	\$320 (\$40 per)
12 One-Hour Sessions	\$456 (\$38 per)
6 Half-Hour Sessions	\$162 (\$27 per)
8 Half-Hour Sessions	\$200 (\$25 per)
12 Half-Hour Sessions	\$264 (\$22 per)
<u>Partner Training</u>	
6 One-Hour Sessions	\$378 (\$63 per)
8 One-Hour Sessions	\$476 (\$60 per)
12 One-Hour Sessions	\$672 (\$56 per)

If you would like to be contacted about personal training, please fill out this section and leave it with any wellness staff or membership services.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Number of Sessions: \_\_\_\_\_ Preferred Times: AM PM Days: \_\_\_\_\_

Name of Trainer: \_\_\_\_\_

Date Paid: \_\_\_\_\_