



# YOUR GOALS OUR GUIDANCE YMCA PERSONAL TRAINING

## BENEFITS

- Decreased risk factors for hypertension and diabetes
- Improved mental outlook, more energy, and self-confidence
- Increased health awareness
- Reduced stress levels
- Increased strength for everyday living
- Reduced body fat and increased lean body mass



**FITNESS CRAFTED  
JUST FOR YOU**

**MUST BE A CURRENT YMCA MEMBER**

GENEVA LAKES FAMILY YMCA | 203 S. Well Street | Lake Geneva, WI 53147

262.248.6211 | [GenevaLakesYMCA.org/pt](http://GenevaLakesYMCA.org/pt)



The Geneva Lakes Family YMCA personal trainers are nationally certified professionals who work to empower their clients. Personal training provides assistance for everything from activities of daily living to becoming fit and active. Whether you are just getting started and need support, diagnosed with a health concern, an athlete, or just looking to make your health a priority, personal training at the Y is for you!

|  <b>1:1 Training</b> | <b>60 Minute</b> | <b>45 Minute</b> | <b>30 Minute</b> |
|--|------------------|------------------|------------------|
| 5 Sessions   | \$275            | \$250            | \$205            |
| 10 Sessions  | \$505            | \$415            | \$390            |
| 20 Sessions  | \$900            | \$780            | \$735            |



|  <b>Partner Training (2 People)</b><br><b>60 Minute – Price per person</b> |       |
|--|-------|
| 5 Sessions   | \$195 |
| 10 Sessions  | \$360 |
| 20 Sessions  | \$680 |



**NEW**

### Train Your Way

Do you feel confident in the gym, but want a nationally certified trainer to create your program? This option is for you! Meet with your trainer to talk about your goals, and they will set you up with a program that will challenge you and work towards your health goals.

**Initial Plan: \$125**

**Continued Plans: \$60**



### Small Group Training (3-8 People) 60 Minute – Price per person

|             |       |
|-------------|-------|
| 5 Sessions  | \$140 |
| 10 Sessions | \$250 |
| 20 Sessions | \$430 |



### PAYMENT OPTIONS

1. Full payment.
2. Some insurance companies will cover personal training. Check with yours!
3. Payment plans are available to make training more budget-friendly.



**Be stronger than your excuses!**