



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



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!

 1:1 Training	60 Minute	45 Minute	30 Minute
5 Sessions	\$275	\$250	\$205
10 Sessions	\$505	\$415	\$390
20 Sessions	\$900	\$780	\$735



 Partner Training (2 People)	60 Minute - Price per person	
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!