



EAST SHORE BRANCH

Personal Training Fees

YMCA Members	1-hr session	½-hr session
Single Session	\$ 35.00	\$ 20.00
5 Sessions	\$ 150.00	\$ 85.00
10 Sessions	\$ 295.00	\$ 165.00

Program Member	1-hr session	½-hr session
Single Session	\$ 50.00	\$ 35.00
5 Sessions	\$ 220.00	\$ 150.00
10 Sessions	\$ 425.00	\$ 295.00

New Personal Training Fees for “BUDDY” Personal Training:
can be used with you and a friend, spouse, teen etc.

YMCA Members	1-hr session
Single Session	\$ 50.00
5 Session	\$ 220.00
10 Session	\$ 425.00

Program Member	1-hr session
Single Session	\$ 80.00
5 Sessions	\$ 50.00
10 Sessions	\$ 675.00

Seniors 10% off all Personal Training Packages

Body Fat Analysis

Members: First Time Free, \$5.00 each additional analysis
Program Members \$10.00

Personal Health Assessment

Members: \$15.00
Program Members \$20.00

Teen Certifications: Free for members. Group Dates and times are available. Sign up @ Front desk

