



YMCA PERSONAL TRAINING PROGRAM



BECOMING A BETTER YOU!

As a Y member you are entitled to a complimentary 45-minute fitness evaluation with one of our nationally certified personal trainers. During the session, the trainer will help you select the program that best suits your personal goals and needs.

Be sure to complete the Personal Training Request form so we can schedule this session for you.



QUICK TRAIN PROGRAM

30 minute sessions

Month-to-Month \$35/each

3-month program \$30/each

6-month program \$25/each

EXTENDED PROGRAM

60 minute sessions

Month-to-Month \$60/each

3-month program \$55/each

6-month program \$50/each

BUDDY PROGRAM

Two-person
60 minute sessions

Month-to-Month
\$43/person per session

3-month program
\$38/person per session

6-month program
\$35/person per session

*Program must be paid in full at the time of activation, or via EFT from a credit card or checking account. Minimum: 4 sessions/month.

YMCA of Pawtucket is a 501c3 organization. Financial assistance is available.