Benefits of YMCA Personal Training

- Avoid injury and learn how to exercise safely.
- Reach your goals faster!
- Experience the feeling of pushing yourself to the limit!
- Get the most out of the time you spend at the YMCA.
- Gain confidence and enhance your self-esteem.
- Sport Specific & Special Population training is available.

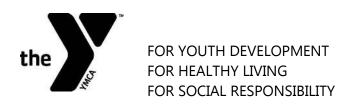
HOW DO I SIGN UP?

Stop by the Maquoketa Y and fill out the Personal Training Request Form. You will be contacted within 72 hours.

Nation Federation of Professional Trainers Certified: Chris Harrison



MAQUOKETA AREA FAMILY YMCA
500 E. Summit St.
Maquoketa, IA 52060
563 652 6566
www.maqymca.org



GETTING YOUR BEST TOGETHER



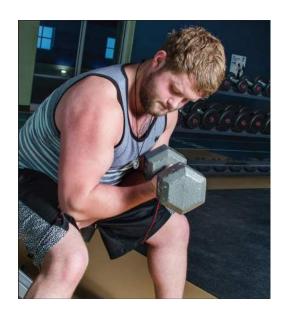
FITNESS

Personal Training/Group Training
MAQUOKETA AREA FAMILY YMCA

TOGETHER, WE'LL HAVE YOU FEELING, LOOKING AND LIVING YOUR VERY BEST!

Individual Sessions

- Personalized program tailored to you
- One-on-one attention
- Motivation & Accountability
- All ages and skill levels



Personal Training Price List

One-on-One Training
1 session* = \$35
5 sessions = \$165
10 sessions = \$320
Special Pricing
3 sessions for \$99

2 Person Group Training*
(price per person)
1 session = \$25
5 sessions = \$115

3 Person Group Training* (price per person)

10 sessions = \$220

1 session = \$20

5 sessions = \$90

10 sessions = \$170

Sessions are 1 hour long

*2 person or 3 person clients can pay at separate times but all must be paid in full



Group Sessions

- Pair up with your friends, family or co-workers
- Supervised workout to ensure safety
- Motivation & Accountability
- More affordable option