

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
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www.maqymca.org



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

10 sessions = \$220

3 Person Group Training*

(price per person)

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