

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.

National Academy of Sports
Medicine Certified Personal
Trainer:
Dawson Rickords



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