

PERSONAL TRAINING



AT THE MADISON AREA YMCA

Our team of Certified Personal Trainers create goal-based programs that keep workouts fresh, fuel your motivation and make exercise fun and exciting.



30-MINUTE MOTIVATOR

Fast and fun results driven workout with a Certified Trainer.

SESSION QUANTITY

1 session
4 sessions
8 sessions
12 sessions
20 sessions

MEMBER COST

\$49
\$196 (\$49 per)
\$336 (\$42 per)
\$480 (\$40 per)
\$735 (\$36.75 per)



1-ON-1 PERSONAL TRAINING 1 HOUR

One-on-one personal training sessions with a Certified Trainer.

SESSION QUANTITY

1 session
4 sessions
8 sessions
12 sessions
20 sessions

MEMBER COST

\$80
\$320 (\$80 per)
\$567 (\$70.87 per)
\$806 (\$67.16 per)
\$1,250 (\$62.50. per)



STARTER PACK (3) 1 HOUR

Three one-on-one personal training sessions with a Certified Trainer for first time clients.

FOR BEGINNING CLIENTS

Starter Pack (3 Sessions) \$99

PERSONAL TRAINING CANCELATION POLICY

- All personal training appointments are scheduled directly between the personal trainer and the client.
- All cancelations must be made **24 hours in advance** by phone or email directly to the personal trainer.
- If a client does not cancel or reschedule an appointment at least 24 hours in advance, the Madison Area YMCA reserves the right to charge a cancelation fee equivalent to a full personal training fee, normally charged for that training session.
- If a client fails to appear for a scheduled appointment, the Madison Area YMCA reserves the right to charge a no-show fee equivalent to the personal training fee, normally charged for the training session.

MADISON AREA YMCA

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