

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.

Rates effective January 1, 2020.



30-MINUTE MOTIVATOR

Fast and fun results driven workout with a Certified Personal Trainer. These workouts are a great way to begin or end your day.

SESSION QUANTITY

1 session
4 sessions
8 sessions
12 sessions
20 sessions

MEMBER COST

\$47
\$188 (\$47 per)
\$320 (\$40 per)
\$456 (\$38 per)
\$700 (\$35 per)



1-ON-1 PERSONAL TRAINING 1 HOUR

One-on-one personal training sessions with a Certified Trainer. Hour sessions include a fitness assessment, cardio respiratory training, resistance training and personal coaching.

SESSION QUANTITY

1 session
4 sessions
8 sessions
12 sessions
20 sessions

MEMBER COST

\$76
\$304 (\$76 per)
\$540 (\$67.50 per)
\$768 (\$64 per)
\$1,190 (\$59.50 per)

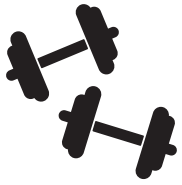


STARTER PACK (3) 1 HOUR

Three one-on-one personal training sessions with a Certified Trainer that includes a fitness assessment, cardio respiratory training, resistance training and personal coaching.

FOR BEGINNING CLIENTS

Starter Pack (3 Sessions) \$99
Fitness Assessment + two 1-hour sessions



SMALL GROUP TRAINING

Small group personal training offers clients the enthusiasm and encouragement from a group environment while still getting personalized attention and fitness routines tailored to your specific needs.

Minimum of 3 participants per group.

Small Group Training (SGT) classes run in 9 week intervals. Each class runs for 1 hour. Ask fitness center staff for details.

SESSION	MEMBER	NON-MEMBER
Functional Training	\$180	\$315
TRX Training	\$180	\$315
Pilates Reformer	\$225	\$360
Pilates MOTR®	\$180	\$315

9 sessions (1/week)

*See SGT Schedule for more details and additional classes.



COMMIT TO BE FIT **NEW!**

Commit to a healthy lifestyle! Personal training sessions are offered at a lower fee with our new Commit to Be Fit program. Your commitment: All sessions must be used within the month of purchase. Our commitment: Develop a healthier lifestyle with our motivational personal trainers. Work out with your family! Sessions can be used within family memberships.

*See website for more details.

4, 8, 12 SESSIONS

	MEMBER COST	
	1 hour	30 min
4 sessions	\$240/mo	\$150/mo
8 sessions	\$480/mo	\$300/mo
12 sessions	\$720/mo	\$450/mo

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.

For more information on Personal Training at the Y or for the current Group Exercise Schedule, please visit madisonareaymca.org.