

# PERSONAL TRAINING



## AT THE MADISON AREA YMCA

Rates effective January 1, 2025.

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

\$53  
\$212 (\$53 per)  
\$360 (\$45 per)  
\$516 (\$43 per)  
\$800 (\$40 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

\$86  
\$344 (\$86 per)  
\$612 (\$76.50 per)  
\$876 (\$73 per)  
\$1,360 (\$68 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 CANCELTION POLICY

- All personal training appointments are scheduled directly between the personal trainer and the client.
- All cancellations 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 cancellation 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

Family Center • 111 Kings Road, Madison, NJ 07940 • 973.822.YMCA (9622) • [madisonareaymca.org](http://madisonareaymca.org)