

# PERSONAL TRAINING



## AT THE MADISON AREA YMCA

Rates effective January 1, 2026.

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

\$57  
\$228 (\$57 per)  
\$384 (\$48 per)  
\$552 (\$46 per)  
\$860 (\$43 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

\$92  
\$368 (\$92 per)  
\$656 (\$82 per)  
\$936 (\$78 per)  
\$1,460 (\$73 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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