



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Personal Training

Healthy Living Session

This is a free opportunity for Y members to meet with YMCA staff, learn more about what the Y has to offer, learn about getting started with an exercise program and how to use the equipment. You will receive three appointments to get more comfortable with the equipment and to help you meet your goals for a better you.

13 Year Old Orientation

Free weight Room Orientation for anyone age 13. Just sign up online at www.mcphersonfamilyymca.org or at the front desk. We will go over weight room etiquette, how to use the equipment, how to set up a workout routine that works for you and any other questions they may have.

YMCA Personal Training

This is one-on-one personal training for members that want to meet with a personal trainer to guide them through every workout. These training sessions are tailored to your goals and physical condition and are fee based. All trainers are certified and will provide extra support and motivation. Sign up at the Front Desk and a trainer will call you to set up your first appointment.

Hourly Rates - \$30 for each 1 hour visit

Package - \$25 per visit for 2-10 – 1 hour visits

If working as a group sounds more appealing to you grab a friend or 3 and work with a trainer together. With group training you get all the benefits of one on one work with a trainer with a few other people to help motivate you.

Group Training Package (you and 1 to 3 friends) - \$60 per person for 4 – 1 hour visits.

All Personal Training packages expire 8 weeks after the 1st visit. Must cancel 1 hr in advance or you will be charged for a visit

Kid's Boot Camp:

A generalized strength and conditioning program of constantly varied functional movements. The program applies functional movements in a scaled manner suitable for kids & focuses on the concept of pairing fitness with fun.

Boot Camp Sessions, Monthly Fee & Minimum / Maximum Participants:

K– 8th Grade, Monday/Wednesday/Friday 3:30-4:15 pm \$34.00 (3-15)