

HEALTHY LIVING

PERSONAL TRAINING

REALIZE YOUR POTENTIAL

By working with a trainer, you will receive instruction and encouragement to push yourself further than you can imagine. Ultimately we hope you can become your own personal trainer, having the confidence and motivation to take charge of your own health and wellbeing. You will love the energy you feel after a great workout with our trainers and the satisfaction of making fitness a priority in your life!

	4 Session Package		8 Session Package		12 Session Package	
	30 Min.	60 Min.	30 Min.	60 Min.	30 Min.	60 Min.
Personal (1:1)	M \$132 GP \$182	M \$265 GP \$365	M \$232 GP \$337	M \$465 GP \$675	M \$305 GP \$442	M \$610 GP \$885
Partner Training (1:2-3)	M \$80 GP \$160	M \$160 GP \$320	M \$140 GP \$217	M \$280 GP \$435	M \$187 GP \$272	M \$375 GP \$545

SGPT: TRX TRAINING

Get fast, effective total-body workouts with TRX to strengthen your core, improve stability and increase muscular endurance. TRX is a total body resistance exercise that uses a suspension training system, making it possible for you to use your own body weight and gravity for an effective workout. Participants can customize the difficulty of their workout by making simple adjustments to the TRX system. Small group training offers individual attention by a certified personal trainer.

TRX Fusion: Monday 8:30-9:30am
Friday 5:00-6:00am

TRX 30: Thursday 8:30-9:00am
Fri. 8:00-8:30am

Monthly Fees: \$60 Members -- \$120 General Public



Questions?
Contact Mathias Werve, Healthy Living Director
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