

BUILDING STRENGTH TOGETHER



Wellness Coaching

Let our personal trainers be your coach with a structured, personalized fitness program and help you achieve your goals! Our trainers will give you the support and motivation you need to commit yourself to a healthy lifestyle. Sessions are flexible to fit your schedule. Call to learn about which options we have for you to begin your journey toward a fit healthy lifestyle!

Single Sessions

	YMCA Member	Non-Member
30 Minute Session	\$15	\$20
1 Hour Session	\$30	\$40



Bulk Sessions

	YMCA Member	Non-Member
6 Sessions		
1 Hour	\$150	\$200

Small Group Sessions

Two or more people

1 Hour Sessions	YMCA Member	Non-Member
3	\$80	\$110
6	\$155	\$220
10	\$265	\$365

