

PERSONAL TRAINING PACKAGES

Adrian L. Shuford Jr. YMCA, Hickory Foundation YMCA, & Phifer Family YMCA

Individual Packages

| Sessions | 30 min | 45 min | 60 min |
|----------|--------|--------|--------|
| 4 | \$180 | \$240 | \$280 |
| 8 | \$320 | \$440 | \$520 |
| 12 | \$420 | \$600 | \$720 |

Individual Packages - Draft Option

| Sessions | 30 min | 45 min | 60 min |
|----------|--------|--------|--------|
| 4 | \$140 | \$200 | \$240 |
| 8 | \$240 | \$360 | \$440 |
| 12 | \$300 | \$480 | \$600 |

Partner Packages

| Sessions | 30 min | 45 min | 60 min |
|----------|--------|--------|--------|
| 4 | \$140 | \$200 | \$240 |
| 8 | \$240 | \$360 | \$440 |
| 12 | \$300 | \$480 | \$600 |

Partner Packages - Draft Option

| Sessions | 30 min | 45 min | 60 min |
|----------|--------|--------|--------|
| 4 | \$120 | \$180 | \$220 |
| 8 | \$200 | \$320 | \$400 |
| 12 | \$240 | \$420 | \$540 |

*Partner Training - each individual must purchase a package

Why Personal Training?

Certified trainers are instructors who stand beside you at every physical challenge, encouraging you to try your hardest and keeping you on track. Through personal attention and expert advice, a trainer designs a progressive plan to help you achieve maximum results and avoid injury. Your customized, long-term exercise program includes a fitness assessment, health education and continuous goal-setting.

What does Personal Training Include?

All YMCA personal training packages begin with a free consultation that includes an assessment to determine your conditions and limitations, health education, and continuous goal setting and motivation. Your customized, long-term exercise program is tailored to the individual, focusing on your unique personal goals.

Our Trainers

All YMCA Personal Trainers are nationally certified through accredited programs. Certified experts will motivate and challenge you during each meeting. They will provide a plan, offer form correction and help take your workouts to the next level.

Frequently Asked Questions

- YMCA membership is required
- A 5 session non-member option is available
- All drafting policies apply to draft option
- All packages expire 6 months post purchase



PERSONAL TRAINING PACKAGES

Lincoln County Family YMCA & Sally's YMCA

Individual Packages

| Sessions | 30 min | 45 min | 60 min |
|----------|--------|--------|--------|
| 4 | \$200 | \$260 | \$300 |
| 8 | \$360 | \$480 | \$560 |
| 12 | \$480 | \$660 | \$780 |

Individual Packages - Draft Option

| Sessions | 30 min | 45 min | 60 min |
|----------|--------|--------|--------|
| 4 | \$160 | \$220 | \$260 |
| 8 | \$280 | \$400 | \$480 |
| 12 | \$360 | \$540 | \$660 |

Partner Packages

| Sessions | 30 min | 45 min | 60 min |
|----------|--------|--------|--------|
| 4 | \$160 | \$220 | \$260 |
| 8 | \$280 | \$400 | \$480 |
| 12 | \$360 | \$540 | \$660 |

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| Sessions | 30 min | 45 min | 60 min |
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| 4 | \$120 | \$180 | \$220 |
| 8 | \$200 | \$320 | \$400 |
| 12 | \$240 | \$420 | \$540 |

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