



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PERSONAL TRAINING



BEGINNER PACKAGE

PACKAGE	PRICE
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3 - 1 Hr Sessions	\$100
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INDIVIDUAL 30 MINUTES

PACKAGE	PRICE
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6 Sessions	\$150
10 Sessions	\$250
20 Sessions	\$490

INDIVIDUAL 1 HOUR

PACKAGE	PRICE
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3 Sessions	\$120
5 Sessions	\$200
10 Sessions	\$390

Group sessions prices are per person

TWO PERSON SESSIONS

PACKAGE	PRICE
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3 - 1 Hr Sessions	\$90
5 - 1 Hr Sessions	\$150
10 - 1 Hr Sessions	\$280

SMALL GROUP SESSIONS

PACKAGE	PRICE
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3 - 1 Hr Sessions	\$45
5 - 1 Hr Sessions	\$75
10 - 1 Hr Sessions	\$150

Nationwide members are welcome, see member services for pricing

[For more information:](#)

Tim Howser, Fitness Director

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The use of independent personal trainers not employed by the Bristol YMCA is strictly prohibited.