



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

PERSONAL TRAINING



BEGINNER PACKAGE

PACKAGE	PRICE
3 - 1 Hr Sessions	\$100

Fitness Evaluations Specialized Plans
 Accountability Motivation

INDIVIDUAL 30 MINUTES

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

INDIVIDUAL 1 HOUR

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

NEW! Specialized Personal Training Sessions for Yoga, BoxMaster and Sports Stretching!

For more information:
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 423.968.3133

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