



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PERSONAL TRAINING

Specialized Personal Training Sessions for: Yoga, BoxMaster, and Sports Stretching

INDIVIDUAL 30 MINUTES

PACKAGE	PRICE
4 Sessions	\$100
8 Sessions	\$180
12 Sessions	\$240
16 Sessions	\$310

INDIVIDUAL 1 HOUR

PACKAGE	PRICE
4 Sessions	\$170
8 Sessions	\$300
12 Sessions	\$440
16 Sessions	\$575

NUTRITIONAL COUNSELING

STARTER PACKAGE

- 1- 1 hour startup session
- 2- 30 minute followup sessions

\$95

****NO MEAL PLANNING****

GROUP (3-6 People) 1 HOUR

PACKAGE	PRICE (per person)
4 Sessions	\$40
8 Sessions	\$80
12 Sessions	\$120
16 Sessions	\$160

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

YMCA OF BRISTOL
400 MLK Jr. Blvd., Bristol, TN 37620
P 423 968 3133 F 423 968 3618
E Dawn@bristolymca.net W bristolymca.net