



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 \$95

- 1- 1 hour start-up session
- 2- 30 minute follow-up sessions

**\*Single Session \$45**

## 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.**

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