

Personal Training

BUCYRUS YMCA



Personal Training

We all need the advice of an expert sometimes, as well as the personal attention that comes with a trainer or coach. The Y offers personal and small group training to help you set and meet your specific goals in order to live healthier.

Days and times subject to trainer availability.

| Training | Packages | Member Price | Non Member Price |
|----------------------|--------------------|--------------|------------------|
| Small Group (upto 5) | Per 60 min Session | \$15/person | \$19/person |
| Adult/Youth (1on1) | 1 hour | \$30/27 | \$38/34 |
| | 4 Sessions | \$110/100 | \$138/125 |
| | 6 Sessions | \$162 | \$202 |
| | 8 Sessions | \$212/180 | \$265/225 |
| | 12 Sessions | \$300 | \$375 |

50% off for 30 min sessions