



PERSONAL TRAINING



Contact Carrie Smith,
Fitness Coordinator at
csmith@tiffinymca.org for
the next step to a happier
and healthier you!

One-on-One Training

1-1 hour session	\$30
4-1 hour sessions	\$110
6-1 hour sessions	\$162
8-1 hour sessions	\$212
12-1 hour sessions	\$300

Group Training

Share the workout-share the expense!!

Max. of 4 people

\$15/hour session for each group member

Non-member pricing: 25% mark up from
member pricing

Youth Personal Training

1-1 hour session	\$27.50
4-1 hour sessions	\$100
8-1 hour sessions	\$180

Non-member pricing: 25% mark up
from member pricing.

Program Design

4- 1 hour Sessions \$150

4 hours with one of our
certified Personal Trainers
followed by a sit down
consultation where you
will receive four more
personally designed
workouts.

8 workouts in all.