

Personal Training & Private Lessons

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.

Lessons are available for:

Fitness - Gymnastics - Martial Arts - Powerlifting.



Training	Packages	Member Price	Non Member Price
Small Group (upto 4)	Per 60 min Session	\$15/person	\$19/person
Private	1 hour	\$30	\$38
	4 Sessions	\$110	\$138
	6 Sessions	\$162	\$202
	8 Sessions	\$212	\$265
	12 Sessions	\$300	\$375

- All training sessions must be registered at the front desk.
- All payments are to be made at front desk.
- Schedules will be set with instructors.
- Large group gymnastics lessons available for groups of 5 or more. Ask about our pricing.
- Participants must check in at front desk prior to each lesson in order for them to be redeemed.

**50% Off
30min
Sessions**

YMCA OF BUCYRUS TIFFIN
BUCYRUS BRANCH
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