



# PERSONAL TRAINING



Contact Carrie Smith,  
Fitness Coordinator at  
[csmith@tiffinymca.org](mailto: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.