



BE YOUR BEST SELF

Personal Training NORTHFIELD AREA FAMILY YMCA

We all can benefit from the advice of an expert sometimes, as well as the personal attention that comes from a trainer or coach.

Want to feel better?
Relieve stress? Sleep
better? Lose weight?



The Y offers personal training and coaching to help you set and meet your specific goals in order to live healthier.

Customize your workouts and maximize your results! Let our qualified Wellness Staff support you in making healthy lifestyle changes. Working with a Personal Trainer can get you on the right track towards improving your muscular strength, muscular endurance, body composition, cardiovascular endurance, and flexibility.

Our trainers will provide technical instruction, monitor your progress, advise you on how to modify your lifestyle outside of the gym, and give you the motivation and support you need to succeed. You choose the specific Personal Trainer who most fits your needs!

Prefer to do your Personal Training with a friend or small group? Schedule your sessions at the same time and get fit together!

½ Hour Session

\$25 Y Members • \$30 Community Members

1 Hour Session

\$40 Y Members • \$45 Community Members

(3) ½ Hour Sessions

\$60 Y Members • \$80 Community Members

(3) 1 Hour Sessions

\$110 Y Members • \$125 Community Members

(6) ½ Hour Sessions

\$120 Y Members • \$150 Community Members

(6) 1 Hour Sessions

\$220 Y Members • \$250 Community Members

(12) ½ Hour Sessions

\$240 Y Members • \$300 Community Members

(12) 1 Hour Sessions

\$440 Y Members • \$500 Community Members

To learn more about our Certified Personal Trainers or to schedule your session(s), contact us at personaltraining@northfieldymca.org or call 507.645.0088.

**NORTHFIELD AREA FAMILY YMCA
507 645 0088 northfieldymca.org**