

BENEFITS OF PERSONAL TRAINING

- Free fitness assessment and goal setting session included
- Accountability
- Help with overcoming plateaus
- Personalized workouts created to fit your needs
- Guidance in healthy challenges to increase muscle and decrease body fat
- Reduce the risk of injury



CONTACT US

WITH ANY QUESTIONS OR TO GET STARTED WITH A TRAINER!



EMAIL US

personaltraining@northfieldymca.org



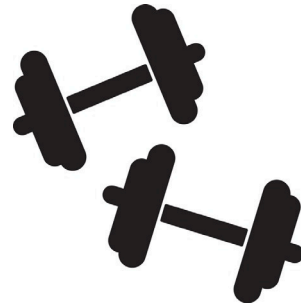
CALL

507-645-0088



GO ONLINE

www.northfieldymca.org



Check out our Personal Trainer profiles on our website

Northfield Area Family YMCA
1501 Honeylocust Drive
Northfield, MN 55057

Northfield Area Family YMCA

PERSONAL TRAINING

A
HEALTHIER
YOU



Work with a
**Nationally-Certified
Personal Trainer**

to get customized workouts and to maximize your results! Working with a trainer, you will receive a personalized program to meet your specific goals, whether it be weight loss, muscle gain, general health and fitness improvement, or simply to change up your normal workout routine. Virtual training is available for individual and group training.

**"STRIVE FOR
PROGRESS, NOT
PERFECTION"**



Virtual & In-Person Rates

30 MINUTE SESSIONS

	Members	All Others
1	\$40	\$45
3	\$105	\$120
6	\$205	\$230
12	\$360	\$405

60 MINUTE SESSIONS

	Members	All Others
1	\$65	\$75
3	\$175	\$200
6	\$330	\$380
12	\$625	\$720

Buddy Training Rates

30 MINUTE SESSIONS

3	\$60/person
6	\$110/person
12	\$200/person

60 MINUTE SESSIONS

3	\$110/person
6	\$200/person
12	\$395/person



**STRONGER
TOGETHER**

For a better us.

POLICIES

FOR TRAINING AT THE Y

- Sessions expire 1 year after purchase
- 24-hour notice required for session cancellations
- Session is cancelled if client is 15 minutes late without notification