

## 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](mailto:personaltraining@northfieldymca.org)



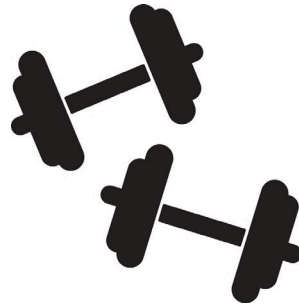
**CALL**

507-645-0088



**GO ONLINE**

[www.northfieldymca.org](http://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	<b>\$40</b>	<b>\$45</b>
3	<b>\$105</b>	<b>\$120</b>
6	<b>\$205</b>	<b>\$230</b>
12	<b>\$360</b>	<b>\$405</b>

### 60 MINUTE SESSIONS

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

## Buddy Training Rates

### 30 MINUTE SESSIONS

	Members	All Others
3	<b>\$60</b>	<b>\$90</b>
6	<b>\$110</b>	<b>\$165</b>
12	<b>\$200</b>	<b>\$300</b>

### 60 MINUTE SESSIONS

	Members	All Others
3	<b>\$110</b>	<b>\$165</b>
6	<b>\$200</b>	<b>\$300</b>
12	<b>\$395</b>	<b>\$575</b>



**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