



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Personal Training

LINCOLN COUNTY FAMILY YMCA

INTRODUCTION TO PERSONAL TRAINING*

| | |
|-----------------|---------------|
| SESSIONS | 60 MIN |
| 3 | \$100 |

*New clients only.

MEMBER RATES

| SESSIONS | 45 MIN | 60 MIN |
|----------|--------|--------|
| 1 | \$35 | \$40 |
| 5 | \$156 | \$169 |
| 10 | \$259 | \$299 |
| 15 | \$355 | \$395 |

NON-MEMBER RATES

| SESSIONS | 45 MIN | 60 MIN |
|----------|--------|--------|
| 1 | \$50 | \$55 |
| 5 | \$231 | \$251 |
| 10 | \$384 | \$429 |
| 15 | \$505 | \$550 |

MEMBER GROUP TRAINING RATES*

| SESSIONS | 45 MIN | 60 MIN |
|----------|--------|--------|
| 5 | \$100 | \$150 |
| 10 | \$200 | \$300 |

*Prices listed for Group Trainings are per person.

Motivation and accountability are at the core of personal training.

Why Personal Training?

Certified trainers are instructors who stand beside you at every physical challenge, encouraging you to try your hardest and keeping you on track. Through personal attention and expert advice, a trainer designs a progressive plan to help you achieve maximum results and avoid injury. Your customized, long-term exercise program includes a fitness assessment, health education and continuous goal-setting.

What does Personal Training Include?

All YMCA personal training packages begin with a free consultation that includes an assessment to determine your conditions and limitations, health education, and continuous goal setting and motivation. Your customized, long-term exercise program is tailored to the individual, focusing on your unique personal goals.

Our Trainers

All YMCA Personal Trainers are nationally certified through accredited programs. Certified experts will motivate and challenge you during each meeting. They will provide a plan, offer form correction and help take your workouts to the next level.

For more information, contact:

Alison Chism 704 716 4504

alison.chism@ymcacharlotte.org