

# PERSONAL TRAINING



## AT THE MADISON AREA YMCA

Our team of Certified Personal Trainers create goal-based programs that keep workouts fresh, fuel your motivation and make exercise fun and exciting.

Rates effective February 1, 2022.



### 30-MINUTE MOTIVATOR

Fast and fun results driven workout with a Certified Personal Trainer. These workouts are a great way to begin or end your day.

#### SESSION QUANTITY

1 session  
4 sessions  
8 sessions  
12 sessions  
20 sessions

#### MEMBER COST

\$49  
\$196 (\$49 per)  
\$336 (\$42 per)  
\$480 (\$40 per)  
\$735 (\$36.75 per)



### 1-ON-1 PERSONAL TRAINING 1 HOUR

One-on-one personal training sessions with a Certified Trainer. Hour sessions include a fitness assessment, cardio respiratory training, resistance training and personal coaching.

#### SESSION QUANTITY

1 session  
4 sessions  
8 sessions  
12 sessions  
20 sessions

#### MEMBER COST

\$80  
\$320 (\$80 per)  
\$567 (\$70.87 per)  
\$806 (\$67.16 per)  
\$1,250 (\$62.50. per)

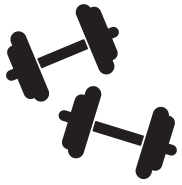


### STARTER PACK (3) 1 HOUR

Three one-on-one personal training sessions with a Certified Trainer that includes a fitness assessment, cardio respiratory training, resistance training and personal coaching.

#### FOR BEGINNING CLIENTS

Starter Pack (3 Sessions) \$99  
Fitness Assessment + two 1-hour sessions



## SEMI-PRIVATE STUDIO TRAINING

**Semi-private studio training offers clients the enthusiasm and encouragement from a group environment while still getting personalized attention and fitness routines tailored to your specific needs.**

**Minimum of 3 participants per group.**

Semi-Private Studio Training classes run in 9 week intervals. Each class runs for 1 hour. Ask fitness center staff for details.

<b>SESSION</b>	<b>MEMBER / NON-MEMBER</b>	
Functional Training	\$180	\$315
TRX Training	\$180	\$315
Pilates Reformer	\$225	\$360
Pilates MOTR®	\$180	\$315

9 sessions (1/week)

\*See Semi-Private Training Schedule for more details and additional classes.

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### PERSONAL TRAINING CANCELATION POLICY

- All personal training appointments are scheduled directly between the personal trainer and the client.
- All cancelations must be made **24 hours in advance** by phone or email directly to the personal trainer.
- If a client does not cancel or reschedule an appointment at least 24 hours in advance, the Madison Area YMCA reserves the right to charge a cancelation fee equivalent to a full personal training fee, normally charged for that training session.
- If a client fails to appear for a scheduled appointment, the Madison Area YMCA reserves the right to charge a no-show fee equivalent to the personal training fee, normally charged for the training session.

**For more information on Personal Training at the Y or for the current Group Exercise Schedule, please visit [madisonareaymca.org](http://madisonareaymca.org).**