



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SUPPORT • MOTIVATE • ACHIEVE

THE Y @ WORK | PERSONAL TRAINING

Whether you are new to exercise or wanting to take your fitness to the next level, The Y @ Work Personal Training will help you achieve results.

1-on-1 Training (60 Minute Sessions):

	One Person Rate	Two Person Rate
1 Session	\$55 (one-time payment)	\$90 (\$45 one-time payment per person)
4 Sessions	\$200 (\$50/session on bank draft)	\$320 (\$40/session per person on bank draft)
8 Sessions	\$360 (\$45/session on bank draft)	\$560 (\$35/session per person on bank draft)
12 Sessions	\$480 (\$40/session on bank draft)	\$720 (\$30/session per person on bank draft)

1-on-1 Training (30 Minute Sessions):

	One Person Rate	Two Person Rate
1 Session	\$35 (one-time payment)	\$55 (\$27.50 one-time payment per person)
4 Sessions	\$120 (\$30/session on bank draft)	\$200 (\$25/session per person on bank draft)
8 Sessions	\$220 (\$27.50 session on bank draft)	\$360 (\$22.50/session per person on bank draft)
12 Sessions	\$300 (\$25/session on bank draft)	\$480 (\$20/session per person on bank draft)

Group Training (Two 60 minute sessions a week for four weeks):

	Member Rate	Non-Member Rate
3, 4 or 5 participants	\$160 (one-payment per person)	\$240 (one-payment per person)

KICKOFF SESSION!

Talk with our staff to explain your personal training needs. We'll review your fitness history and customize a plan for you.

PROGRAM DETAILS

- Choose either a male or female trainer and one that specializes in your needs
- Choose the time of day
- Choose a package

SIGN UP FOR PERSONAL TRAINING TODAY!

To learn more, contact Erik Mann:

erik.mann@geappliances.com
502-452-7970

Scan here for more information.

