

# RATES AND PACKAGES:

<b>PACKAGES</b> Buy more, save more per session!	<b>30 MINUTES</b>	<b>60 MINUTES</b>
<b>ONE ON ONE</b>		
1 Session	\$25.00	\$45.00
6 Sessions	\$125.00	\$224.00
12 Sessions	\$225.00	\$405.00
<b>PARTNER</b> (Cost per person)		
1 Session	\$14.00	\$24.00
6 Sessions	\$70.00	\$120.00
12 Sessions	\$126.00	\$216.00
<b>SMALL GROUP</b> (Cost per person)		
1 Session	\$15.00	
6 Sessions	\$90.00	
12 Sessions	\$180.00	

- » Packages expire 30 days after sessions are sold.
- » Discounts and promotions do not apply.

## VISIT US TODAY:

- » French Creek YMCA (Avon)
- » Geauga YMCA (Chardon)
- » Hillcrest YMCA
- » Lakewood YMCA
- » North Royalton YMCA
- » Parker Hannifin Downtown YMCA
- » Warrensville Heights YMCA
- » West Park-Fairview YMCA
- » West Shore YMCA (Westlake)

**REGISTER IN BRANCH OR SCAN QR CODE TO SIGN UP ONLINE.**

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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRONGER TOGETHER



## PERSONAL TRAINING

### YMCA OF GREATER CLEVELAND

## WHY THE Y

Our highly educated personal trainers maintain certification through nationally accredited health and fitness organizations. In addition, many trainers have special areas of expertise.

Most have many years of experience working with a variety of clientele, including active older adults, kids, teens, and athletes.

Our personal trainers come in a variety of shapes and sizes with different backgrounds and life experiences. These life experiences, as well as functional expertise, help Y trainers create welcoming space for anyone interested in reaching health goals.

The Y is committed to improving the health and well-being of our community.



## WHAT PERSONAL TRAINERS CAN DO FOR YOU

### ✓ Accountability and Support

Personal trainers are your partners in motivation and commitment to reaching your health and fitness goals and bring positive encouragement, accountability, and support.

### ✓ Goal Progression

Personal trainers help you identify short- and long-term goals. They customize and map out a plan, and track and measure your progress.

### ✓ Education

Knowledge is power and a personal trainer can educate you on aspects of fitness, health and exercise. They can provide proper understanding of what is required to reach your goals.

### ✓ Variety and Fun

Personal trainers customize training plans that keep you engaged, inspired, and having fun. They introduce fresh workouts and techniques and offer alternatives along the way.

## What members are saying:

The trainers are the best at giving me enthusiasm to push myself harder.

With the guidance of my trainer I learned the correct forms and the right reps and sets in order to reach my goals. Now I feel confident that I can do the workouts without hurting myself.

Being pain-free, getting stronger and learning how to use the equipment and weights safely were important to me. Our discussions during the sessions have helped reinforce the positive lifestyle choices without being judgmental.