



Your Y. Your Way.

YOUR MEMBERSHIP IS SO MUCH MORE!

Members receive:

- ▶ Complimentary **SMART START** Coaching Program
- ▶ Preferred pricing for Personal Training and Specialty Training
- ▶ Payment plan options for Personal Training
- ▶ Access to Partner and Semi-Private Training options
- ▶ Access to over 275 value-added Group Exercise Classes to support your goals
- ▶ Special Healthy Living member events throughout the year

JOIN TODAY AND TAKE THE FIRST STEP ON THE PATH TO YOUR BEST SELF.

Come see what we have to offer.

VISIT TODAY!

BROADVIEW YMCA • 920 436 9519
380 Broadview Dr., Green Bay, WI 54301

EAST SIDE YMCA • 920 436 1231
1740 South Huron Rd., Green Bay, WI 54311

FERGUSON FAMILY YMCA • 920 436 9667
235 North Jefferson St., Green Bay, WI 54301

WEST SIDE YMCA • 920 436 9523
601 Cardinal Ln., Green Bay, WI 54313

General Public Personal Training Rates*

INDIVIDUAL (1:1)

	30 min	45 min	60 min
Single Session	\$ 80	\$ 90	\$ 95
5 Sessions	\$300	\$365	\$425
10 Sessions	\$485	\$605	\$725
20 Sessions	\$850	\$1,025	\$1,210

PARTNER (2 people)

Price per person

	30 min	45 min	60 min
5 Sessions	\$205	\$240	\$285
10 Sessions	\$320	\$405	\$485
20 Sessions	\$560	\$685	\$810

SEMI-PRIVATE (3-6 people)

Price per person

	30 min	45 min	60 min
5 Sessions	\$145	\$170	\$200
10 Sessions	\$210	\$285	\$330
20 Sessions	\$385	\$480	\$560

*All Personal Training Sessions expire one year from purchase date and are non-refundable.

**ONLY
\$28/HR!**
\$1,900 value

OUR APPROACH

Our **nationally certified Personal Trainers** are dedicated to helping you realize your potential. We go above and beyond just offering you a challenging workout. We teach you how to exercise effectively and safely to achieve your fitness goals, rehabilitate injuries or become a new you with a detailed training program. You will love our energy and commitment to making fitness a rewarding and successful experience.