

## **PERSONAL TRAINING FREQUENTLY ASKED QUESTIONS**

### **Why should I sign up for Personal Training?**

By working with a Personal Fitness Trainer, you will get personalized individual attention to help you reach your wellness goals more effectively.

### **Who will my Trainer be?**

You can request the Trainer depending on availability. We can work with you to pick the trainer that is best for you.

### **When will my Trainer want to meet with me and how often?**

You and your Trainer can work out a schedule that best suits your needs at your first appointment together.

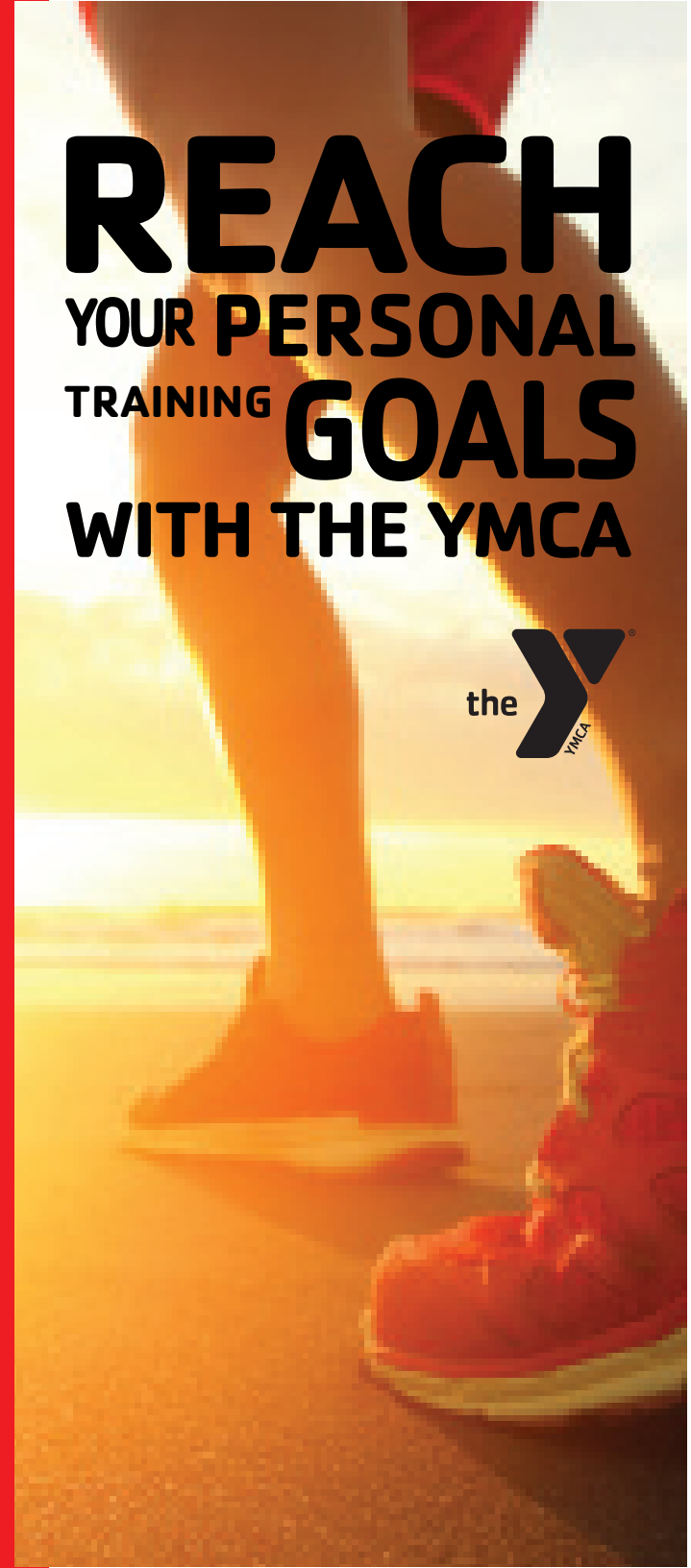


For more information or to set up an appointment, please contact:

**Mike DeMellia**

Personal Training Coordinator  
mdemellia@mvyymca.org  
978-685-3541 x146

# **REACH YOUR PERSONAL TRAINING GOALS WITH THE YMCA**



# SMALL GROUP TRAINING

Interested in losing weight, getting stronger, increasing endurance and toning up? Want the benefit of working with a personal trainer combined with the motivation of working with a group? Sign up for Small Group Training for a more affordable alternative to Personal Training. No need to form your own group! Pick a time on the schedule and drop in whenever you would like.

## MEMBER FEES:

- 1 Class Pass: \$20
- 5 Class Pass: \$75
- 10 Class Pass: \$130

# PERSONAL TRAINING PRICING

## 1 HOUR PERSONAL TRAINING

### INTRO SPECIAL:

3-1 hour session for \$99

### 1 DAY/WEEK

\$220/month

### 2 DAYS/WEEK

\$400/month

## 1/2 HOUR PERSONAL TRAINING

### 1 DAY/WEEK

\$132/month

### 2 DAYS/WEEK

\$240/month

## SEMI PRIVATE TRAINING

2-4 PEOPLE

### 1 DAY/WEEK

\$120/month per person

### 2 DAYS/WEEK

\$200/month per person

**All personal training packages include one inbody test & are a 3 month commitment and will be charged for each month.**

**GET STARTED & INBODY**



## Get Started Program

- Free Fitness Orientation + InBody Test for new & existing members
- Skeletal Muscle Mass & BFP calculation
- Goal Planning Consultation with a Fitness Professional

## Why take the InBody Test?

- Understand your weight
- Set your goals

## The InBody Test

- Complete evaluation of body composition
- Segmental Lean Muscle Analysis
- Scan body for areas of strength & weakness

**Contact Mike DeMellia at 978-685-3541 ext. 146 or email at [mdemellia@mvyymca.org](mailto:mdemellia@mvyymca.org) to schedule your appointment.**

