



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACHIEVE YOUR GOALS

Personal Training TWIN LAKES FAMILY YMCA

Get in shape with one-on-one or buddy training with our Nationally Certified Personal Trainers, who are committed to helping you improve your physical fitness, health and overall quality of life. All sessions are catered to help you achieve maximum results and achieve your goals. Private Tennis sessions are also available.

ONE-ON-ONE

SESSION TYPE	MEMBER PRICE / NON-MEMBER PRICE	
1 session	\$47.00	\$67.00
6 sessions	\$246.00	\$354.00
12 sessions	\$438.00	\$630.00

BUDDY TRAINING

SESSION TYPE	MEMBER PRICE / NON-MEMBER PRICE	
1 session	\$57.00	\$73.00
6 sessions	\$300.00	\$381.00
12 sessions	\$564.00	\$678.00

MISSION FITNESS

A four session package at a discounted price, aimed to help new members start strong, and stay strong! Mission Fitness can only be purchased once during your membership life cycle. Ask a trainer, or the membership staff for more information.

SESSION TYPE	MEMBER PRICE / NON-MEMBER PRICE	
4 sessions	\$157.00	NA

