



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BE HEALTHY. BE STRONG. BELONG.

## PERSONAL TRAINING

The Denny Price Family YMCA is proud to offer our members with an elite team of highly educated, experienced, & dedicated Personal Trainers who are ready to help you change your life!

Single Person	1/2 Hour	1 Hour
1 Session	\$20	\$35
4 Sessions	\$ 80	\$120
8 Sessions	\$150	\$225

Partner Training	1/2 Hour	1 Hour
4 Sessions	\$60	\$100
8 Sessions	\$110	\$190

**How to get started:**  
Submit a Personal Training packet to the Member Services Desk and a trainer will contact you as soon as possible!

Group		
4 Sessions	\$50	\$80
8 Sessions	\$90	\$150

\*For Partner and Group Training, prices above are per person

For more information and any questions on Personal Training please contact Kallie Gower at [Kgowerdpymca@gmail.com](mailto:Kgowerdpymca@gmail.com) or call 580.237.4645

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