

YMCA OF ST JOSEPH



PERSONAL TRAINER

Whether you're looking
to lose weight, build
strength, or improve
overall health, our
trainers will create a
tailored workout plan
just for you.

**SIGN UP TODAY AT
THE WELCOME DESK**



**YMCA OF ST JOSEPH
3601 N VILLAGE DR
ST JOSEPH, MO 64506
816-671-9622**

HELPING YOU REACH YOUR GOALS



YMCA Personal Trainers provide specialized training to meet the needs of our members. During the initial consultation our certified trainers will assess current lifestyle, fitness level and exercise history. After setting attainable goals, your trainer will provide professional guidance to get you moving in the right direction.

ASSESSMENT	1 (30 min) session	Member/Community Participant	\$30	
PERSONAL TRAINING	# OF SESSIONS	DETAILS	30 MIN.	60 MIN.
INDIVIDUAL	1 Session	Member	\$30	\$57
		Community Participant	\$40	\$67
	5 Sessions	Member	\$112	\$214
		Community Participant	\$150	\$251
	10 Sessions	Member	\$210	\$399
		Community Participant	\$280	\$469
SMALL GROUP (2-3) *small group rates are per member	1 Session	Member	N/A	\$37*
		Community Participant	N/A	\$47*
	5 Sessions	Member	N/A	\$139*
		Community Participant	N/A	\$176*
	10 Sessions	Member	N/A	\$259*
		Community Participant	N/A	\$329*

For more information contact the YMCA Welcome Desk

816-671-9622

