



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA PERSONAL TRAINING

Professional - Effective - Empowering - Achievement



Gain confidence. Get Results.

- Private Room 1 on 1 Training
- Fitness Center 1 on 1 Training
- Small Group/Couple Training
- Remote Virtual Training

Our staff personal trainers have years of combined experience helping people achieve their goals

For more information contact the YMCA Welcome Center
816-671-9622

Or email Miranda Abel, Healthy Living Coordinator
mabel@stjoymca.org





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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.

PERSONAL TRAINING	# OF SESSIONS	DETAILS	60 MIN.
ASSESSMENT	1 session	Member/Community Member	\$30
INDIVIDUAL	1 Session	Member-only Benefit	\$55
	5 Sessions	Member-only Benefit	\$206
	10 Sessions	Member-only Benefit	\$385
SMALL GROUP	1 Session	Member-only Benefit	\$35*
(2-6)	5 Sessions	Member-only Benefit	\$130*
	10 Sessions	Member-only Benefit	\$245*
		*rates are per member	



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**GET STARTED SPECIAL
 THRU MAY 31.**

5 30 min. Sessions: \$95

5 60 min. Sessions: \$186