



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 over 20 years combined experience helping people achieve their goals

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

Or email Christy Mayfield, Healthy Living Coordinator  
[cmayfield@stjoymca.org](mailto:cmayfield@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.

## 2023 PRICING

Personal Training	# of Sessions	Details	Up to 30 Min	Up to 60 Min
<div style="border: 1px solid black; padding: 5px; width: fit-content;"> <b>FREE \$30 HEALTH COACHING SESSION WITH PURCHASE OF 5 OR 10-SESSION PACKAGE</b> </div>	1 Session	Member-only Benefit	\$25	\$45
	5 Sessions	Member-only Benefit	\$99	\$199
	10 Sessions	Member-only Benefit	\$225	\$390
Small Group (2-6)	1 Session	Member-only Benefit	n/a	\$30 Per Member

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