



BE YOUR BEST SELF

Personal Training



SOUTH AMBOY YMCA

200 JOHN T O'LEARY BLVD | SOUTH AMBOY, NJ
732.553.9622 | YMCAOFMEWSA.ORG

PERSONAL TRAINING PROGRAMS

When you enroll in one of our Personal Training Programs, you are making the ultimate commitment to your health and fitness goals!

Pick your session duration, how many times a week you want to train, and the length of your program. We'll take care of the rest!

BEGINNER TRY PACK – 3 HOURS FOR \$99*

Month – to – Month **

	1x/week	2x/week	3x/week	4x/week
30 – Min Session	\$44	\$42	\$40	\$38
60 – Min Session	\$60	\$58	\$56	\$54

Three Month Program **

	1x/week	2x/week	3x/week	4x/week
30 – Min Session	\$36	\$34	\$32	\$30
60 – Min Session	\$52	\$50	\$48	\$46

Six Month Program Best Value! **

	1x/week	2x/week	3x/week	4x/week
30 – Min Session	\$28	\$26	\$24	\$22
60 – Min Session	\$46	\$44	\$42	\$40

Flexible 10-Session Packages ***

30 – Minute Sessions	60 – Minute Sessions
\$500	\$650

*Available to members new to Personal Training. Limit 1 per member. Must be used within 3 weeks of purchase.

** Prices listed represent cost per session and program duration is based on a 4 week month.

*** Must be used within 6 months of purchase.

SMALL GROUP TRAINING

Work with one of our certified Personal Trainers while drawing motivation from the energy of the whole group! Check our Small Group Training Schedule for current specialty class offerings, dates, and times!



SMALL GROUP RATE PACKAGES

	Cost Per Class	Total Cost
1x/wk for 7 wks	\$13	\$91
2x/wk for 7 wks	\$12	\$168
1x/wk for 15 wks	\$10	\$150
2x/wk for 15 wks	\$9	\$270

To register, please visit our Welcome Center.

Have some friends or family that you'd like to train with? We'll help you create your own Small Group Training class!

Contact our Healthy Living Director for more information:

Annmarie Sabovick
732.553.9622 ext 4210
Annmarie.Sabovick@ymcaofmews.org