



We now offer...

Personal Training

Getting in shape can be daunting, and sometimes we need a little extra help getting started. Personal training is available in the packages listed below and is a great way to learn much more about proper form, appropriate intensity, and develop a fitness program that works for you!

Personal Training Packages

1 ON 1 TRAINING:

\$35 per session - 1 to 4 sessions

\$33 per session - 5 to 9 sessions

\$31 per session - 10 or more sessions

2 ON 1 PARTNER TRAINING:

\$18 each, per person per session- 1 to 4 sessions

\$17 each, per person per session- 5 to 9 sessions

\$16 each, per person per session- 10 or more

(both participants must sign up together)

SENIOR PERSONAL TRAINING (Ages 60+)

\$33 per session - 1 to 4 sessions

\$32 per session - 5 to 9 sessions

\$31 per session - 10 or more sessions

\$100 - 5, half-hour sessions.

YOUTH FITNESS TRAINING (Ages 7-18)

\$120 - 4, one-hour sessions

For more information contact Justin Baas jbass@ymca-berkscounty.org
or see the front desk.