



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# CUSTOMIZED JUST FOR YOU

## Personal Training YMCA OF MIDDLETOWN

Reaching your personal fitness goals isn't always easy but don't give up, we're here to help because **your goals are our priority.**

When you commit to personal training, one of our certified personal trainers will design workouts based on your individual needs and comfort level. Your trainer will guide you through each workout and keep you on track to reach your goals.

For additional details or to be paired with a personal trainer who will help you meet your personal fitness goals contact:

Diana Welch  
(P) 845 956 1550  
(E)DW@middletownymca.org

**NEW  
RATES**

Effective  
1/1/23

### PERSONAL TRAINING RATES

A program just for you.  
Each session is 1 hour.

Number of Sessions	Total
1 Session	\$55
3 Sessions SPECIAL – 1 <sup>st</sup> time only.	\$135
3 Sessions	\$160
5 Sessions	\$250
10 Sessions	\$450

Want to train with a friend or family member?  
Visit our website or ask us about  
**PARTNER TRAINING.**