

PERSONAL TRAINING AT THE HAMILTON AREA YMCA

Get the results you want!

Let our Nationally Certified Personal Trainers help you achieve your personal health, fitness, and performance goals. Whatever your age, goals, or fitness level – our trainers are skilled in designing a personalized exercise routine that will meet your individual needs and will help you gain confidence! During each session you will have your personal trainer's full undivided attention on your workout.

Why does someone need Personal Training?

Everyone starts a personal training program for a different reason. Here are just a few that may apply to you:

- Motivation
- Proper Technique
- Sports Training
- Osteoporosis
- Time Management
- Guidance
- Program Variety
- Post-Rehab Injury
- Safety
- Accountability

Benefits of Personal Training:

- Improved balance, coordination, agility, endurance and stamina
- Decreased body fat
- Reduced cholesterol levels and blood pressure
- Increased lean muscle mass
- Improved self esteem
- Improved cardiovascular health, strength and flexibility
- Consistency
- Motivation, support, and accountability

Personal Training Fees

4 Hourly Sessions	\$220
8 Hourly Sessions	\$400
12 Hourly Sessions	\$540

All personal training sessions must be paid for in advance. You will be assigned a Certified Personal Trainer who will contact you to set up an appointment. 24 hour notice must be given for a cancellation or member forfeits session.

Personal Training is available for Facility Members ages 13 and up only.



Request a **FREE 30 minute consultation** with the trainer of your choice by visiting hamiltonymca.org/programs/personal-training or in person at the Wellness Desk.

Questions? Contact Jess Muziani at jmuziani@hamiltonymca.org or visit hamiltonymca.org