



ACHIEVE YOUR FITNESS GOALS!

In-Person Personal Training at the YMCA of Greater Brandywine

Get in shape one-on-one with our Nationally Certified Personal Trainers who are committed to helping you improve your physical fitness, health and overall quality of life. All sessions are catered to help you achieve maximum results and achieve your goals.

HOW TO GET STARTED!

- Fill out a Fitness Assessment Form or the PT Packet. We will match you with a trainer based on your needs.
- Purchase training sessions based on those needs.
- Schedule with your trainer!

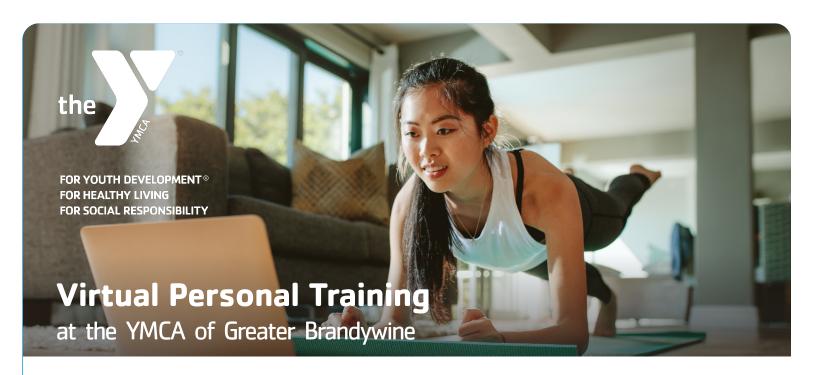
	YGBW Member	Non-Member		YGBW Member	Non-Membe
IN-PERSON ONE-O	N-ONE • 60 MINUT	E SESSIONS	IN-PERSON SEMI-PRI	VATE (2-3 people) • 6	0 MINUTE
Baseline Testing and Goal Setting	Included	\$10	Baseline Testing and Goal Setting	Included	\$10/person
1 Session	\$67/session	N/A	1 Session	\$47/session	N/A
4 Session Package	\$65/session	\$75/session	4 Session Package	\$45/session	\$55/session
8 Session Package	\$63/session	\$73/session	8 Session Package	\$43/session	\$53/session
12 Session Package	\$60/session	\$70/session	12 Session Package	\$40/session	\$50/session
24 Session Package	\$55/session	\$65/session	24 Session Package	\$35/session	\$45/session
IN-PERSON ONE-ON	-ONE • 30 MINUTE	SESSIONS	IN-PERSON SEMI-PRI	/ATE (2-3 people) • 30	MINUTE
Baseline Testing and Goal Setting	Included	\$10	Baseline Testing and Goal Setting	Included	\$10/person
1 Session	\$42/session	N/A	1 Session	\$37/session	N/A
4 Session Package	\$40/session	\$50/session	4 Session Package	\$35/session	\$50/session
8 Session Package	\$38/session	\$48/session	8 Session Package	\$33/session	\$45/session
12 Session Package	\$35/session	\$45/session	12 Session Package	\$30/session	\$40/session
24 Session Package	\$30/session	\$40/session	24 Session Package	\$25/session	\$35/session

Evolt 360 is now integrated with our Personal Training Packages!

We offer a complimentary initial scan with every personal training package (Baseline Testing and Goal Setting). Follow-up scans are included at regular intervals based on package size.

There is a 24-hour cancellation policy for personal training sessions. Sessions can only be canceled or changed up until 24 hours before your session. Sessions must be all used within one year of purchase. No refund or credits unless due to an act of God.





	YGBW Member	Non-Member		YGBW Member	Non-Member
VIRTUAL ONE-ON-ONE • 60 MINUTE SESSIONS			VIRTUAL SEMI-PRIVATE (2-3 people) • 60 MINUTE		
Baseline Testing and Goal Setting	Included	\$10	Baseline Testing and Goal Setting	Included	\$10
1 Session	\$62/session	N/A	1 Session	\$42/session	N/A
4 Session Package	\$60/session	\$70/session	4 Session Package	\$40/session	\$50/session
8 Session Package	\$58/session	\$68/session	8 Session Package	\$38/session	\$48/session
12 Session Package	\$55/session	\$65/session	12 Session Package	\$35/session	\$45/session
24 Session Package	N/A	N/A	24 Session Package	N/A	N/A
VIRTUAL ONE-ON-C	NE • 30 MINUTE S	ESSIONS	VIRTUAL SEMI-PRIVA	TE (2-3 people) • 30 l	MINUTE
Baseline Testing and Goal Setting	Included	\$10	Baseline Testing and Goal Setting	Included	\$10
1 Session	\$37/session	N/A	1 Session	\$32/session	N/A
4 Session Package	\$35/session	\$45/session	4 Session Package	\$30/session	\$40/session
8 Session Package	\$33/session	\$43/session	8 Session Package	\$28/session	\$38/session
12 Session Package	\$30/session	\$40/session	12 Session Package	\$25/session	\$35/session
24 Session Package	N/A	N/A	24 Session Package	N/A	N/A

YMCAGBW.ORG/PERSONALTRAINING

COATESVILLE YMCA 295 Hurley Road Coatesville, PA 19320

JENNERSVILLE YMCA 880 W. Baltimore Pike West Grove, PA 19390 KENNETT AREA YMCA
101 Race Street
Kennett Square, PA 19348
LIONVILLE COMMUNITY YMCA
100 Devon Drive

Exton, PA 19341

OSCAR LASKO YMCA
1 E. Chestnut Street
West Chester, PA 19380
UPPER MAIN LINE YMCA
1416 Berwyn-Paoli Road
Berwyn, PA 19312

WEST CHESTER AREA YMCA 605 Airport Road West Chester, PA 19380

branches of the YMCA of Greater Brandywine

Ready to get started? Contact:

First Name Last Name

email@ymcagbw.org