



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
IN-PERSON ONE-ON-ONE • 60 MINUTE SESSIONS		
Baseline Testing and Goal Setting	Included	\$10
1 Session	\$67/session	N/A
4 Session Package	\$65/session	\$75/session
8 Session Package	\$63/session	\$73/session
12 Session Package	\$60/session	\$70/session
24 Session Package	\$55/session	\$65/session
IN-PERSON ONE-ON-ONE • 30 MINUTE SESSIONS		
Baseline Testing and Goal Setting	Included	\$10
1 Session	\$42/session	N/A
4 Session Package	\$40/session	\$50/session
8 Session Package	\$38/session	\$48/session
12 Session Package	\$35/session	\$45/session
24 Session Package	\$30/session	\$40/session

	YGBW Member	Non-Member
IN-PERSON SEMI-PRIVATE (2-3 people) • 60 MINUTE		
Baseline Testing and Goal Setting	Included	\$10/person
1 Session	\$47/session	N/A
4 Session Package	\$45/session	\$55/session
8 Session Package	\$43/session	\$53/session
12 Session Package	\$40/session	\$50/session
24 Session Package	\$35/session	\$45/session
IN-PERSON SEMI-PRIVATE (2-3 people) • 30 MINUTE		
Baseline Testing and Goal Setting	Included	\$10/person
1 Session	\$37/session	N/A
4 Session Package	\$35/session	\$50/session
8 Session Package	\$33/session	\$45/session
12 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.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Virtual Personal Training at the YMCA of Greater Brandywine

	YGBW Member	Non-Member
VIRTUAL ONE-ON-ONE • 60 MINUTE SESSIONS		
Baseline Testing and Goal Setting	Included	\$10
1 Session	\$62/session	N/A
4 Session Package	\$60/session	\$70/session
8 Session Package	\$58/session	\$68/session
12 Session Package	\$55/session	\$65/session
24 Session Package	N/A	N/A
VIRTUAL ONE-ON-ONE • 30 MINUTE SESSIONS		
Baseline Testing and Goal Setting	Included	\$10
1 Session	\$37/session	N/A
4 Session Package	\$35/session	\$45/session
8 Session Package	\$33/session	\$43/session
12 Session Package	\$30/session	\$40/session
24 Session Package	N/A	N/A

	YGBW Member	Non-Member
VIRTUAL SEMI-PRIVATE (2-3 people) • 60 MINUTE		
Baseline Testing and Goal Setting	Included	\$10
1 Session	\$42/session	N/A
4 Session Package	\$40/session	\$50/session
8 Session Package	\$38/session	\$48/session
12 Session Package	\$35/session	\$45/session
24 Session Package	N/A	N/A
VIRTUAL SEMI-PRIVATE (2-3 people) • 30 MINUTE		
Baseline Testing and Goal Setting	Included	\$10
1 Session	\$32/session	N/A
4 Session Package	\$30/session	\$40/session
8 Session Package	\$28/session	\$38/session
12 Session Package	\$25/session	\$35/session
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 _____