



Achieve Your FITNESS GOALS!

Personal & Small Group 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
ONE-ON-ONE • 60 MINUTE SESSIONS		
Baseline Testing and Goal Setting	Included	\$20
1 Session	\$80/session	N/A
4 Sessions (expires in 60 days)	\$78/session	\$98/session
8 Sessions (expires in 90 days)	\$76/session	\$96/session
12 Sessions (expires in 120 days)	\$72/session	\$92/session

	YGBW Member	Non-Member
ONE-ON-ONE • 30 MINUTE SESSIONS		
Baseline Testing and Goal Setting	Included	\$20
1 Session	\$50/session	N/A
4 Sessions (expires in 60 days)	\$48/session	\$68/session
8 Sessions (expires in 90 days)	\$46/session	\$66/session
12 Sessions (expires in 120 days)	\$42/session	\$62/session

	YGBW Member	Non-Member
SEMI-PRIVATE (2-3 people) • 60 MINUTE SESSIONS		
Baseline Testing and Goal Setting	Included	\$20
1 Session	\$47/session	N/A
4 Sessions (expires in 60 days)	\$45/session	\$65/session
8 Sessions (expires in 90 days)	\$43/session	\$63/session
12 Sessions (expires in 120 days)	\$40/session	\$60/session

	YGBW Member	Non-Member
SEMI-PRIVATE (2-3 people) • 30 MINUTE SESSIONS		
Baseline Testing and Goal Setting	Included	\$20
1 Session	\$37/session	N/A
4 Sessions (expires in 60 days)	\$35/session	\$55/session
8 Sessions (expires in 90 days)	\$33/session	\$53/session
12 Sessions (expires in 120 days)	\$30/session	\$50/session

SMALL GROUP TRAINING		
Class Duration	YGBW Member	Non-Member
60 Minutes	\$80/month	\$160/month
45 Minutes	\$60/month	\$120/month
30 Minutes	\$40/month	\$80/month

Evolt 360 is integrated with our PT 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. No refund or credits unless due to an act of God.

FINANCIAL ASSISTANCE IS AVAILABLE

Pricing effective January 1, 2025

Previous purchased sessions will be honored through March 31, 2025

Ready to get started? Contact:

YMCAGBW.ORG/PERSONALTRAINING

YMCA of Greater Brandywine