

GETTING STARTED ON PERSONAL TRAINING

1 STEP 1:
Start by filling out the Personal Training Inquiry Form at fdlymca.org.



2 STEP 2:
You will be matched with a personal trainer and you will schedule your initial assessment. After the first assessment, you and your trainer will set up your personal training sessions.

3 STEP 3:
Purchase Personal Training at the Welcome Center desk. Offer the name of the personal trainer you or your group will be working with.

4 STEP 4:
Bring receipt with you to your first personal training session.

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The **pain** you
feel today is the
strength
you feel tomorrow.

PRIVATE SESSION POLICIES CANCELLATIONS

All private personal training session cancellations must be received by your Personal Trainer and confirmed at least 12 hours before your training session to avoid being charged for your session. You will be provided the trainer's contact information and the Personal Training Coordinator's contact information to use if you need to cancel a session.

Members who do not cancel within a 12 hour notice will be charged for the cancelled session. If for any reason you are unable to finish an entire session, you will be charged the full session fee.

LATE ARRIVALS

You are expected to arrive on time for your training sessions and be respectful of the trainer's time, as they may have another session scheduled after your session. See additional policy info at fdlymca.org.



FIND YOUR FITNESS

Personal Training Rates
FOND DU LAC FAMILY YMCA

fdlymca.org

INDIVIDUAL PERSONAL TRAINING

Our certified personal trainers will coach, motivate and inspire you to reach your goals and achieve the results you have always wanted.

1 INDIVIDUAL TRAINING

Length	Sessions	Price
60 minute	1	\$55.00
	5	\$261.25
	10	\$511.50
	15	\$750.75
30		\$1,485.00
45 minute	1	\$41.25
	5	\$195.94
	10	\$383.63
	15	\$563.06
30		\$1,113.75
30 minute	1	\$27.50
	5	\$130.63
	10	\$255.75
	15	\$375.38
30		\$742.50

GROUP PERSONAL TRAINING

Get in shape, but don't do it alone. It's fun, it's affordable, and each individual gets personal attention. The friendly rivalry will push you to try harder and get better results.

At the Y, you will be part of a welcoming and nurturing environment where together we will achieve the results you have always wanted.

2 PERSON TRAINING

Length	Sessions	Price
60 minute	1	\$70.00
	5	\$332.50
	10	\$651.00
	15	\$955.50
30		\$1,890.00
45 minute	1	\$52.50
	5	\$249.38
	10	\$488.25
	15	\$716.63
30		\$1,417.50
30 minute	1	\$35.00
	5	\$166.25
	10	\$325.50
	15	\$477.75
30		\$945.00

3 PERSON TRAINING

Length	Sessions	Price
60 minute	1	80.00
	5	\$380.00
	10	\$744.00
	15	\$1,092.00
30		\$2,160.00
45 minute	1	\$60.00
	5	\$285.00
	10	\$558.00
	15	\$819.00
30		\$1620.00
30 minute	1	\$40.00
	5	\$190.00
	10	\$372.00
	15	\$546.00
30		\$1,080.00



Rates are effective January 2, 2025