



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

FOOTHILLS AREA YMCA  
Cottingham Campus

## PERSONAL TRAINING PROGRAM RATES

### INDIVIDUAL PERSONAL TRAINING

30min and 55min sessions

Session Type	Package Size	Price per session	Total Cost	Expiration
55min	1	\$52	\$52	1 month
55min	4	\$47	\$188	1 month
55min	8	\$43.75	\$350	2 months
55min	16	\$40.56	\$649	3 months
55min	25	\$37.44	\$936	5 months
30min	4	\$31.25	\$125	1 month
30min	8	\$28.13	\$225	2 months
30min	16	\$25	\$400	3 months
30min	25	\$21.84	\$546	5 months
FitQuest* Completion Incentive	10-55 min sessions	\$36.4	\$364	3 months
FitQuest* Completion Incentive	10-30 min sessions	\$20.80	\$208	3 months

\*One time only for FitQuest Incentive

### PARTNER PERSONAL TRAINING

Session Type	Package Size	Price per session	Total Cost	Expiration
55min	1	\$42	\$42/person	1 month
55min	4	\$36.5	\$146/person	1 month
55min	8	\$33.75	\$270/person	2 months
55min	16	\$31.25	\$500/person	3 months
55min	25	\$29.12	\$728/person	5 months
30min	4	\$26	\$104/person	1 month
30min	8	\$22.75	\$182/person	2 months
30min	16	\$19.5	\$312/person	3 months
30min	25	\$16.64	\$416/person	5 months

Putting Christian principles into practice through programs that build healthy spirit, mind and body for all.

The Y™. For a better us.



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## HYBRID PERSONAL TRAINING

55min sessions

Session Type	Number of Sessions	Price per session	Total Cost	Expiration
2x for 8 weeks	16	\$18.25	\$292	3 months
3x for 8 weeks	24	\$16.67	\$400	3 months
2x for 12 weeks	24	\$17.17	\$412	4 months
3x for 12 weeks	36	\$15.61	\$562	4 months

## 1 ON 1/HYBRID PERSONAL TRAINING COMBINATION

55min sessions

Session Type	Number of Sessions	Price per session	Total Cost	Expiration
1x/week in person 1x/week training app (4 weeks total)	8	\$31.25	\$250	2 months
1x/week in person 1x/week training app (8 weeks total)	16	\$29.38	\$470	3 months
1x/week in person 1x/week training app (12 weeks total)	24	\$28.08	\$674	5 months

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