



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
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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
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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
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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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