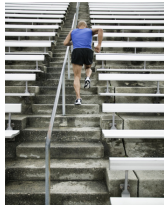




# Group Personal Training



## Session Rates



**Group Personal Training is NOW available at the Siskiyou Family YMCA.**

**Sessions are available for 1/2 hour or 1 hour blocks of time.**

<b><u>6 Weeks 1x/Week</u></b>	<b><u>1/2 Hour</u></b>	<b><u>1 Hour</u></b>
Two Client Rates	\$210 (\$17.50/person)	\$420 (\$35/person)
Three Client Rates	\$270 (\$15/person)	\$540 (\$30/person)
Four Client Rates	\$300 (\$12.50/person)	\$600 (\$25.00 each)
<b><u>6 Weeks 3x/Week</u></b>	<b><u>1/2 Hour</u></b>	<b><u>1 Hour</u></b>
Two Client Rates	\$630 (\$17.50/person)	\$1260 (\$35/person)
Three Client Rates	\$810 (\$15/person)	\$1620 (\$30/person)
Four Client Rates	\$900 (\$12.50/person)	\$1800 (\$25.00 each)

\*Additional rates available. Please inquire with the Front Desk!

### Group Personal Training Benefits Include:

- A qualified personal trainer designs the perfect workout to meet your personal goals.
- Motivation to keep your workouts fresh and new.
- Extra encouragement and accountability by working out with your friends and/or teammates.
- Prepare for a special event like a marathon or upcoming pre-season practices.
- Additional savings per individual when there are more clients per session.

**TRAIN  
1x/week  
2x a week  
3x per week**  
**Additional training rates for 12 weeks are available at the Front Desk.**

**Rates are available for 2 – 4 persons per trainer during each session.**



**We build strong kids, strong families, strong communities.**