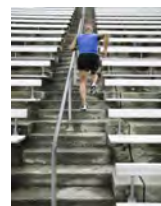


Group Personal Training



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.

6 Weeks 1x/Week

Two Client Rates

Three Client Rates

Four Client Rates

1/2 Hour

\$210 (\$17.50/person)

\$270 (\$15/person)

\$300 (\$12.50/person)

1 Hour

\$420 (\$35/person)

\$540 (\$30/person)

\$600 (\$25.00 each)

6 Weeks 3x/Week

Two Client Rates

Three Client Rates

Four Client Rates

1/2 Hour

\$630 (\$17.50/person)

\$810 (\$15/person)

\$900 (\$12.50/person)

1 Hour

\$1260 (\$35/person)

\$1620 (\$30/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.