

Personal Training Packages

<u>Personal Training</u>	Member
One hour session	\$45
30 minute session	\$30

<u>Partner Training</u>	\$30*
One hour session	
*(Price is Per-Person)	

<u>Specialty Training</u>	
30 minute - Abs Only	\$30
30 minute - Stretching	\$30
One hour - Pilates Reformer	\$45

<u>Personal Training Packages</u>		
6 - One hour sessions	\$240	(\$40 per)
8 - One hour sessions	\$288	(\$36 per)
12 - One hour sessions	\$396	(\$33 per)
6 - 30 minute sessions	\$162	(\$27 per)
8 - 30 minute sessions	\$200	(\$25 per)
12 - 30 minute sessions	\$264	(\$22 per)



If you would like to be contacted about personal training please fill this out and leave it with any wellness staff or YMCA member desk.

Name: _____

Phone: _____

Email: _____

Number of Sessions: _____

Preferred Time: AM / PM Days: _____

Questions? Phone 406-248-1685

Or email: mmims@billingsymca.org

Y PERSONAL TRAININGTM
We build strong kids, strong families, strong communities.



Have You Considered
a Personal Trainer?

***Get Started &
Stay Active!***

Billings Family YMCA
402 North 32nd
Billings, Montana 59101

What is a Personal Trainer?

At the Billings Family YMCA, a personal trainer is a coach, motivator, educator and inspirational leader.

A personal trainer will help determine your goals and design a program specific to your needs.

Personal trainers are knowledgeable on a variety of topics and training patterns, allowing plenty of fun creativity and progress.

Who Can Benefit?

- Adults, seniors, teens, children
- Overweight individuals
- Underweight individuals
- Athletes
- People in need of continuous rehabilitation
- Anyone bored with their current exercise program
- Individuals that have hit a “plateau” in their routine
- Medically-referred
- The chronically un-motivated
- People that have tried and failed before
- Time stressed individuals needing one-on-one coaching

The Benefits of Personal Training:

- One-on-one supervision
- Programs are specifically designed with your goals in mind
- Learn a safe and effective way to workout
- Stay motivated
- Increase metabolism and bone density
- Reduce stress and increase stamina
- Learn functional exercises
- Sport specific training
- Nutritional advice
- Ongoing assessment of progress

