



PERSONAL TRAINING AT THE YMCA OF GREENWICH

ASSESSMENTS

2 free (1 hour) sessions for anyone with YMCA Membership. You will be paired with a trainer that best fits your needs. We want to find the most effective way to guide you in the right direction to meet your overall health goals.

COST: \$0

JUMP START

A discounted price targeted for individuals who are new to personal training.

**COST: 3 (1 HOUR) SESSIONS FOR \$270.
(COMPARE AT \$318)**

INDIVIDUAL TRAINING

One-on-one lessons with an expert trainer.

Sessions	30 Min Cost	60 Min Cost
1	\$65	\$106
5	\$317	\$517
10	\$596	\$980
20	\$1,157	\$1,882

SENIOR TRAINING (60+ YEARS)

Fight against aging! Discounted price for members age 60+

Sessions	30 Min Cost	60 Min Cost
1	\$50	\$80
10	\$450	\$720

MONTHLY SUBSCRIPTION

For those looking to seriously commit to a training plan. Billed automatically with either 4 or 8 sessions for the month, at a sharp discount to a traditional package.

COST: 4 SESSIONS/MONTH - \$350

8 SESSIONS/MONTH- \$700

PRIVATE YOGA

Private yoga lessons with a licensed yoga instructor, Francesca Conway.

Sessions	60 Min Cost
1	\$106
5	\$517
10	\$980
20	\$1,882

30 MINUTE YOUTH TRAINING

Personal training for members between the ages of 8-13.

****Student athletes with the capacity of sustaining 1 or more hours of intense training should refer to adult personal training for 60 mins****

Sessions	30 Min Cost
1	\$55
5	\$260
10	\$490
20	\$925

GROUP TRAINING

SMALL GROUP TRAINING

For groups of 2 or more people.

Sessions	60 Min Cost Per Person
1	\$53
5	\$259
10	\$490
20	\$941

YOGA GROUP TRAINING

Private yoga lessons with a licensed yoga instructor for groups of 2 or more people.

Sessions	60 Min Cost Per Person
1	\$53
5	\$259
10	\$490
20	\$941

BOXING GROUP TRAINING

Private boxing lessons with a licensed boxing instructor, for groups of 2 or more people.

Sessions	60 Min Cost Per Person
1	\$53
5	\$259
10	\$490
20	\$941