



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 \$357)**

INDIVIDUAL TRAINING

One-on-one lessons with an expert trainer.

Sessions	30 Min Cost	60 Min Cost
1	\$74	\$119
5	\$349	\$569
10	\$649	\$1059
20	\$1229	\$1999

SENIOR TRAINING (60+ YEARS)

Fight against aging! Discounted price for members age 60+

Sessions	30 Min Cost	60 Min Cost
1	\$59	\$94
5	\$289	\$449
10	\$499	\$799
20	\$965	\$1540

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, PICKLEBALL & BOXING

Private yoga, pickleball, and boxing lessons with a licensed instructor.

Sessions	30 Min Cost	60 Min Cost
1	\$74	\$119
5	\$349	\$569
10	\$649	\$1059
20	\$1229	\$1999

YOUTH TRAINING

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

Sessions	30 Min Cost	60 Min Cost
1	\$59	\$94
5	\$289	\$449
10	\$499	\$799
20	\$965	\$1540

GROUP TRAINING

SMALL GROUP TRAINING

For groups of 2 or more people. This special pricing also applies to Small Group Specialty Training, led by a licensed instructor, with options including Yoga, Boxing, Pickleball, Chronic Disease Management, Athletic Performance, and programs designed for Older Adults.

Sessions	60 Min Cost Per Person
1	\$60
5	\$285
10	\$530
20	\$999