



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TAKING YOUR FITNESS TO THE NEXT LEVEL

Personal Training TO REACH YOUR GOALS!



NEW! PERSONAL HEALTH COACH
A 30 minute Personal Health Coach Session, \$20. Have a few questions and looking for some guidance? Meet with a Health Coach for a 1-on-1, 30 minute session.

1 session = 1 hour

PRIVATE TRAINING

One individual with one trainer

Full Privilege Members Only

1 session	\$42
4 sessions	\$155
6 sessions	\$225
10 sessions	\$325

SEMI - PRIVATE TRAINING

Two individuals* with one trainer

Full Privilege Members Only

*both individuals must be full members

1 session	\$37
4 sessions	\$115
6 sessions	\$160
10 sessions	\$250

Fill out the Personal Training form at our Welcome Center to start!

Please note all sessions are valid for 1 year from purchase date.

Upper Bucks YMCA

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www.ubymca.org



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To put Christian principles, including honesty, caring, respect and responsibility, into practice through programs that build healthy spirit, mind and body for all.