

## GET-STARTED

A 1-hour Get-Started session with one of our Personal Trainers is FREE to all new members within your first month of membership. Book your session at our Welcome Center today!

## BEGINNER'S TRY-PACK 3 hours for \$99

Available to all full-facility members who have never purchased Personal Training at the Y before.

No matter your fitness goals, the YMCA offers the tools to help you achieve them. Let one of our nationally certified Personal Trainers design your program, motivate you, empower you and help you succeed!

For more information on how to get started, contact:

732-562-2302

[hannah.thomas@ymcaofmews.org](mailto:hannah.thomas@ymcaofmews.org)



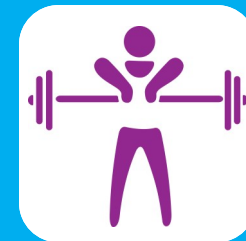
YMCA at PISCATAWAY  
COMMUNITY CENTER  
520 Hoes Lane  
Piscataway, NJ 08854  
732-562-2302

[www.ymcaofmews.org](http://www.ymcaofmews.org)



# BE YOUR BEST SELF

Personal Training  
PISCATAWAY



# PERSONAL TRAINING PROGRAMS

When you enroll in one of our Personal Training Programs, you are making the ultimate commitment to your health and fitness goals!

Pick your session duration, how many times a week you will train and the length of your program. We'll take care of the rest!

| ONE MONTH PROGRAM |             |              |                    |                   |
|-------------------|-------------|--------------|--------------------|-------------------|
| 30 MIN            | ONCE A WEEK | TWICE A WEEK | THREE TIMES A WEEK | FOUR TIMES A WEEK |
| 60 MIN            |             |              |                    |                   |

| THREE MONTH PROGRAM |             |              |                    |                   |
|---------------------|-------------|--------------|--------------------|-------------------|
| 30 MIN              | ONCE A WEEK | TWICE A WEEK | THREE TIMES A WEEK | FOUR TIMES A WEEK |
| 60 MIN              |             |              |                    |                   |

| SIX MONTH PROGRAM |             |              |                    |                   |
|-------------------|-------------|--------------|--------------------|-------------------|
| 30 MIN            | ONCE A WEEK | TWICE A WEEK | THREE TIMES A WEEK | FOUR TIMES A WEEK |
| 60 MIN            |             |              |                    |                   |

Please see our Personal Training Program Rate flyer for Individual or Dual Training pricing. A monthly draft option is available.

**\*\*There is a 5% savings on any Three or Six Month Program paid for in full.**

You can enroll in your program of choice at our Welcome Center!



## FLEXIBLE TRAINING

For those who need more flexibility! We offer Individual Personal Training packages of either 10 60-minute sessions or 10 30-minute sessions that can be used at any time within six months of being purchased.

Please see our Personal Training Program Rate flyer for pricing.



# SMALL GROUP TRAINING

Work with one of our certified Personal Trainers while drawing motivation from the energy of the whole group! Check our Small Group Training Schedule for current specialty class offerings, dates and times.

Registration at our Welcome Center is required.

|                      | Cost Per Class | Total Cost |
|----------------------|----------------|------------|
| 1x/week for 7 Weeks  | \$13           | \$91       |
| 2x/week for 7 Weeks  | \$12           | \$168      |
| 1x/week for 15 Weeks | \$10           | \$150      |
| 2x/week for 15 Weeks | \$9            | \$270      |

Have some friends or family members that you'd like to train with? We'll help you create your own Small Group Training class! Contact our Healthy Living Director for more information.

