

# Personal Training

## What Can I Expect?

As a personal training client you can expect to be treated with respect and understanding. It is our mission to work with each individual and help you to develop a healthier lifestyle.



## Kick Start Package

Now Only \$228.00

Our Kick-Start package is designed to give you a taste of what we do. You will receive 4 one-hour sessions with one of our certified personal trainers. The sessions are to be completed within a 3-week time frame in order to assist you in “kick starting” your healthy lifestyle! For those of you who are unsure about personal training and how it works, this is the package for you.

## Total Body Package

- 6 One hour sessions-\$360 (\$60 per session)
- 8 One hour sessions-\$456 (\$57 per session)
- 10 One hour sessions-\$550 (\$55 per session)
- 12 One hour sessions-\$648 (\$54 per session)
- 16 One hour sessions-\$848 (\$53 per session)
- 18 One hour sessions-\$936 (\$52 per session)
- 24 One hour sessions-\$1200 (\$50 per session)
- 36 One hour sessions-\$1620 (\$45 per session)

1/2 hour sessions are available for \$35\*

\*Must purchase at least six session

This package focuses on the entire body! This package focuses on strength training, cardiovascular fitness, flexibility, and reaching personal fitness goals. Some of these fitness goals may include: losing body fat, losing “scale weight” (yes there is a difference), enhancing various cardio exercises, nutrition, weight loss, fat loss, strengthening and toning, flexibility, and working out with free weights. This package can definitely answer all of your questions about fitness.

## Kinesis Wall Training

The Kinesis Wall is a new addition to our Wellness Center that incorporates functional and strength training into your workout. This package is designed to improve your cardiovascular system, muscular strength, and even improve balance. This package will not only work your entire body but will also provided a basic understanding of how to use the Kinesis Wall. Sessions are one hour and length.

**Single: 6 week Session- \$225**

**Also check the program guide for**

## Partner/Group Packages

6-week group training: 6 sessions, 1 session weekly:

**Duo: \$420 per group (\$70 per session)**

6 week group training: 12 sessions, 2 sessions weekly:

**Duo: \$780 per group (\$65 per session)**

Group or partner training is a great way for couples or even friends to workout together and push one another. This package allows for the duo to get in shape together, with no more uttering of, “I can’t do it myself.” Workout with a friend, relative, or loved one.

## Frequent Buyer Package

**30 Minute Sessions: \$330**

**60 Minute Sessions: \$500**

This package allows you to train up to 10 times per month. If you are looking to train consistently and frequently this package is for you! This package becomes effective on the day it is purchased and it expires within 30 days. The monthly pass is an opportunity for you to train on a month to month basis.

THERE ARE NO REFUNDS, ROLLOVERS OR PRO-RATING!

## Personal Nutrition Coaching

This is a personalized program which allows you to meet with our registered dietician one on one and develop new ways to lead a healthy lifestyle. Our dietician will recommend healthier alternatives, provide eating weight loss/gain tips, what to watch for when shopping, plus much much more. To schedule an appointment call Linda at 412-807-1607.

### Highmark Members:

**Free**

### Non Highmark YMCA Members:

One Hour Initial Consultation: \$60

Half Hour Follow Up: \$30



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Wellness Where You Live<sup>SM</sup>  
Preventive Health Alliance

  
**Baierl Family**  
**YMCA**  
**724-934-9622**

**For more information or to schedule your appointment contact our Healthy Lifestyles Director Linda May Conner at 412-807-1607, or email her at [lconner@ymcapgh.org](mailto:lconner@ymcapgh.org)**

# Baierl Family YMCA



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