



Lakota Family YMCA Personal Training

Individual Rates

4 visits - \$128 (\$32/visit)
8 visits - \$240 (\$30/visit)
12 visits - \$336 (\$28/visit)
16 visits - \$416 (\$26/visit)

Personal training visits are completed in 1 hour sessions with a certified trainer at the Lakota Family YMCA.

Personal Training packages expire 6 months from purchase date.

Group rate prices are per person.

Each member of the training group is responsible for their purchase of sessions.

Group Training packages expire 6 months from purchase date.

Group Rates

4 visits - \$88/person (\$22/visit)
8 visits - \$160/person (\$20/visit)
12 visits - \$216/person (\$18/visit)
16 visits - \$256/person (\$16/visit)