



Lakota Family YMCA

Personal Training Rate Sheet

Individual Rates

4 visits - \$120 (\$30/visit)

8 visits - \$224 (\$28/visit)

12 visits - \$312 (\$26/visit)

16 visits - \$416 (\$26/visit)

20 visits - \$520 (\$26/visit)

24 visits - \$576 (\$24/visit)

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

Packages purchased with 12 or more visits may be paid 50% at time of purchase and final payment made after half of visits are made.

2 Person Group Rates

Group rate prices are per person.

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

If you have any questions or would like to have a time set-up to meet with a trainer please email

Wellness Director Andrew Maynard
Andrew.maynard@lakotaymca.com

4 visits - \$80/person (\$20/visit)

8 visits - \$144/person (\$18/visit)

12 visits - \$192/person (\$16/visit)

16 visits - \$256/person (\$16/visit)

20 visits - \$320/person (\$16/visit)

24 visits - \$336/person (\$14/visit)