



**We help you
GET FIT WITH THE Y
& GET SET FOR LIFE**

ACHIEVE GOALS ONE STEP AT A TIME

- Reduce or maintain BMI level
- Improve physical fitness level
- Gain strength
- Increase endurance
- Improve form
- Maximize efficiency
- Learn healthy lifestyle habits



For more information, please contact:
Conor Nelson, Healthy Living Director
conorn@newportymca.org
401-847-9200 ext. 132

The Newport County YMCA
792 Valley Road, Middletown RI 02842



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Newport County YMCA Personal Training

**HELPING YOU
REACH YOUR GOALS!**



**FREE wellness orientations for all
Newport County YMCA Members!**

We're here to help you!

Whether you need a little advice to get started or a comprehensive, personalized program, the Y can help! Our mission is to build healthy spirit, mind, and body for all. We are here to help you reach your wellness goals, regardless of your age or ability. We have trained staff to support and motivate you, a fully-equipped wellness center and weight room, dozens of group exercise classes per week, and child care while you work out.



QUALIFIED TRAINING STAFF

YMCA personal trainers are nationally certified with additional training in each specialty area they teach, and in CPR/AED. They're available to assist you with the information and programs you need to accomplish your fitness goals.

PERSONAL TRAINING

ONE-ON-ONE TRAINING

Work with a Certified Personal Trainer and design a customized exercise, fitness, sports, or strength curriculum to meet your goals. Single or multiple sessions available for 30-minute or 1-hour appointments. Discounts available for purchasing multiple sessions. Choose from a list of qualified certified trainers to assist you with your specific needs.

1 hour: \$50

8 hours \$320

4 hours: \$180

10 hours \$380

SPECIALIZED GROUP TRAINING

Grab a group of your friends and enlist the help of a Personal Trainer to reach your goals together. You choose the day, time, and number of times per week.

2 people: \$30/hour (per person)

4 hours: \$120

8 hours: \$240

3+ people: \$25/hour (per person)

4 hours: \$100

8 hours: \$200

ADDITIONAL YMCA FITNESS PROGRAMS

Group Exercise Classes*

Senior Strength*

Water Aerobics*

Les Mills Grit Program

Outdoor Fit Camp (Spring/Summer)

Sports Conditioning Training

Meditation Program

*Included in membership

HOW TO SIGN UP

Visit the Y Registration Desk or call 401-847-9200 ext. 122 to register for a package—our Healthy Living Director will contact you to set up an orientation!

Contact: **Conor Nelson**
Healthy Living Director
401-847-9200 ext. 132
conorn@newportymca.org

