

PERSONAL TRAINING PACKAGES

Newport County YMCA

All personal training sessions are 45 minutes in duration, and sessions must be completed within one year of the purchase date.

PACKAGE	PRICE (per person)
1-on-1	1 session: \$65 5 sessions: \$325 10 sessions: \$600 20 sessions: \$1,100
2-on-1	1 session: \$40 5 sessions: \$200 10 sessions: \$350 20 sessions: \$700
3-on-1	1 session: \$35 5 sessions: \$175 10 sessions: \$300 20 sessions: \$600
4-on-1	1 session: \$30 5 sessions: \$150 10 sessions: \$250 20 sessions: \$500

AVAILABLE FOR NCYMCA MEMBERS ONLY!

Please contact Kathy Lavigueur by email at kathylav@newportymca.org to be paired up with a trainer.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY