



Personal Training & Coaching Packages

Let us help you reach your fitness goals.

Explore our personal training options, in a package that's tailored for you.

FREE CONSULT

Need a hand determining your fitness goals and needs? Join us for a FREE 15-20 minute interview with one of our friendly staff as we analyze your fitness literacy, injury history, goals, and how you define your own personal success.

You'll be paired with the ideal trainer who meets your needs, and has the best knowledge and experience to help you reach your goal.



Call us at 403-942-5757 and book today!

Personal Training Packages

With a variety of options, we make it easy to choose the package that fits your needs.

1 ON 1

Reach personal goals in a private setting.
Non-refundable or transferable.

MEMBERS ONLY

INTRO TO FITNESS: \$150
(3 sessions @ \$50/session)

*PAYMENT PLAN AVAILABLE

15 SESSIONS: \$730
(\$48.65/session) NON-MEMBER PRICE:
\$895 (\$59.65/session)

MEMBERS ONLY

5 SESSIONS: \$275 (\$55/-
session)

*PAYMENT PLAN AVAILABLE

20 SESSIONS: \$925
(\$46.25/session) NON-MEMBER PRICE:
\$1095 (\$54.75/session)

MEMBERS ONLY

10 SESSIONS: \$500
(\$50/session)

*Buy a recurring 15 session package and receive 15% off.
*Buy a recurring 20 session package and receive 20% off.

SMALL GROUP

Conquer challenges together with friends and family, and save on fees.

1 SESSION/WEEK:

6 weeks = \$300

8 weeks = \$400

2 SESSIONS/WEEK:

6 weeks = \$600

8 weeks = \$800

This option is designed for groups of 5-9 individuals.

TEAM

Bond overcome, and train with our multi-faceted coaching staff.

FOR TEAMS OF 10 - 30 INDIVIDUALS

\$300 / HOUR

Program can be tailored specifically to the participants attending.

This option is great for teams looking to experience a new modality of training in the off season, or new challenges to overcome and bond through during the season.

**Prices do not include GST.

COACHING PACKAGES

Coaching encompasses some of the same elements of personal training, but allows continuous consultation, feedback and programming over an extended period of time. New training strategies are developed and implemented— on an ongoing basis – by the Coach who has the expertise, knowledge and experience. When connected with a YMCA Coach, member's will be able to determine a goal with a realistic approach to achieve it!

Coaching is not a regular supervised exercise program. It offers in-person consultation and exercise supervision depending on the member's choice of package. This allows the participant to train predominantly independently with ongoing support through a certified Coach.

We will schedule a goal setting consultation so you can be matched with the best Coach to achieve your personal goals!

1 SESSION/MONTH for \$85/MONTH

*Prices do not include GST.

BRIDGE TO FITNESS is our free orientation training program for all of our members! Choose an exercise card from the wall in our fitness centre and schedule your Bridge to Fitness routine with one of our Fitness Staff or at the Membership Desk.



**YMCA of
Lethbridge**

403-942-5757
lethbridgeymca.ca

