



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Northwest CT YMCA-Torrington/Winsted Branches 2019 Personal and Group Training Rates

	Individual	Individual	Group*
	30 minutes	60 minutes	60 minutes
1 session	\$37	\$65	\$40
4-pack	\$141 (\$7 savings!)	\$247 (\$13 savings!)	\$152 (\$8 savings!)
8-pack	\$267 (\$29 savings!)	\$468 (\$52 savings!)	\$288 (\$32 savings!)
12-pack	\$391 (\$53 savings!)	\$687 (\$93 savings!)	\$423 (\$57 savings!)
16-pack	\$510 (\$82 savings!)	\$895 (\$145 savings!)	\$551 (\$89 savings!)

*Group fees are cost per person. Groups consist of at least 2 people.

Y Personal Training FAQs

What can a Personal Trainer do for me? There are many reasons why people hire a personal trainer. Trainers are excellent for providing motivation, teaching safe workout techniques, giving individualized instruction, suggesting new effective workouts, to bolster confidence, to provide sport-specific training, assist with injury rehabilitation, and to teach new skills.

What type of education do the Personal Trainers have? All of the YMCA trainers have at least one nationally recognized and independently accredited Personal Trainer certification, such as from ACSM, ACE, NASM, and NSCA. All of these certifying bodies require continuing education in order maintain certifications.

What happens at the initial Personal Training appointment? The purpose of this first meeting is to assess what fitness information is most needed and desired. Typically your goals, limitations, history and nutrition will be discussed to provide information on how to get started or continue making progress towards your desirable fitness level.

How often should I work with a Personal Trainer? The number of visits with a trainer will be based on your specific needs and goals. Members who want to enhance their current workout or performance may want to purchase a 4 session package. Those new to exercise or those who like ongoing personal motivation may also want to purchase larger packages.

Contact your certified personal trainer today at:

**Torrington - 860.489.3133
Winsted - 860.379.0708**