

PERSONAL TRAINING FEES

YMCA Members

ONE HOUR

Individual Training Sessions:

1 Session: \$40

5 Sessions: \$170

10 Sessions: \$320

Two Member Training Sessions:

1 Session: \$50

5 Sessions: \$220

10 Sessions: \$420

ONE-HALF HOUR

Individual Training Sessions:

1 Session: \$25

5 Sessions: \$105

10 Sessions: \$200

Two Member Training Sessions:

1 Session: \$30

5 Sessions: \$130

10 Sessions: \$250

Personal Training fees expire one year after the date of purchase.

Non-members may enjoy personal training sessions, but are required to purchase a day pass for each day of training. Non-members may purchase individual training sessions only.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BOYERTOWN AREA YMCA

DANIEL B. BOYER CENTER

301 West Spring Street
Boyertown PA 19512
610-369-9622

WILLIAM S. HOLLENBACH CENTER

3065 N. Charlotte St.
Gilbertsville PA 19525
610-754-7010

www.boyertownymca.org



DO MORE BE MORE

Personal Training

PERSONAL TRAINING

Have you reached a plateau? Are you bored with the same old routine? Do you need an extra push to reach your fitness and weight loss goals? Maybe you are training for a sports event or recovering from an injury. Then it's time to let one of our certified personal trainers develop an individual exercise program just for you. Our rates cannot be matched! Call today to schedule your first training session.

Personal Trainers

Mike Kaiser

NESTA Personal Trainer
AFAA Cycling Certification
Functional Training Certification
Certified Pilates Instructor

Jennifer Kalis

Certified Personal Trainer, National
Personal Training Institute

Kim Moeller

AFAA Personal Training
AAAI Personal Trainer
AAAI Pilates
Johnny G. Spinning
AAAI Aerobic Instructor
AAAI Step Instructor



Body Composition Measurement

When trying to lose weight, the scale can deceive you or lead you to believe your hard work is not paying off. While exercising, you may be losing body fat while increasing your lean body mass, and never see much progress on the scale! Discover and track the REAL results of all your hard work! Let our Wellness Director or Certified Personal Trainer determine your body composition, the amount of lean versus fat mass on your body.

FREE with weight loss consultation or personal training package.

One-time measurement: \$15
Follow-up measurement: \$10

Personal Training Fat Loss Focus

Is your primary goal to shed the pounds? Allow our staff to guide you along the journey to your new body and life!