

**Personal Training
Packages**

One on One

SESSIONS ARE 30 MIN LONG

\$15 for 1 session

\$75 for 6 sessions

\$150 for 12 sessions

\$275 for 25 sessions

2 Person Group Training

***\$100/person for 21 sessions**

***Sessions are 45 min long**

3 Person Group Training

***\$75/person for 21 sessions**

***Sessions are 45 min long**

Body Sculpting

***A 4 person group training**

***\$60/person for 21 sessions**

***Sessions are 45 min long**

Personalized Workouts

***\$60 for 12 weeks**

***Meet with a trainer for 30 min every 3 weeks for a total of 12 weeks to change up your workout routine**

**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



**If you have questions, please
contact Mariah Town.**

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**Personal
Training
and
Group
Strength
Classes**



Parkview Huntington Family YMCA

359-9622

www.huntingtony.org



Group Strength Classes

YFIT

\$60 per 7-week session

This 1-hour class held 3x/week specializes in cross training. Components of this class include: strength training, cardio training, as well as core exercises. Participants will experience a structured program that is different each class.

Y Strength

\$60 per 7-week session

This 1-hour class held 3x/week focuses on strength training utilizing body weight lifts, free weight lifts, and selectorized machines. Participants will experience a structured lifting program to help gain total body strength.

SeniorFIT

\$45 per 7-week session

This 30-min class held 3x/week is structured around active older adults who want to work on strength training. Participants will experience a structured lifting program utilizing body weight, free weights like dumbbells, as well as selectorized machines.

Women On Weights (WOW)

\$40 per 7-week session

This 30-min class held 2x/week specializes in strength training for women. Participants will engage in workouts with body weight exercises, free weight exercises, and selectorized machines. Instructors have the ability to modify workouts based on participant experience level.

Synergy

\$40 per 7-week session

This 30-min class held 2x/week is for all fitness levels. Classes will utilize the Synergy machine and the surrounding area to experience an upbeat, total body workout.

Max Effort

\$45 per 7-week session

This 45-min class held 2x/week is for all fitness levels ready for a total body workout which includes strength, cardio, and core training. Participants will experience a faster-paced workout with little down time to utilize every single minute of class.

Youth Strength & Conditioning

\$30 per 7-week session

NOT OFFERED YEAR ROUND

This 1-hour class held 2x/week is for any 11-14 yr old wanting to improve their total body fitness to prepare for a sport or just to stay in shape.

Register online or at the YMCA front desk for Group Strength Classes. Must register in-house for personal training.

260-359-9622

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