Personal Training Packages

Achieve the health you desire with the assistance of a YMCA personal trainer. Our group trainings make personal training affordable, as well as allowing for camaraderie with other members.

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 30 min long

3 Person Group Training

*$75/person for 21 sessions

*Sessions are 30 min long

Body Sculpting

*A 4 person group training

*$60/person for 21 sessions

*Sessions are 30 min long

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

the **Y** ®
YMCA

If you have questions, please contact Mariah Town.

PHONE: 359-9622

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mariah.town@huntingtony.org

Personal Training and Group Strength Classes

Parkview Huntington Family YMCA

260-359-9622

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 101

$40 per 7-week session

This 30-min class held 2x/week is designed around beginners who want to increase their knowledge and ability with strength training. Classes will utilize the Synergy machine and the surrounding area to experience an upbeat, total body workout.

Synergy X

$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.

Synergy 2.0

$45 per 7-week session

This 45-min class held 2x/week is for intermediate to advanced participants who are ready to take the next step from Synergy 101. Classes will utilize the Synergy machine and the surrounding area to achieve a 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.

Powerlift

$50 per 7-week session

This 1-hour class held 2x/week is specifically for individuals interested in advancing their skills in lifts such as squats, cleans, and deadlifts. Proper form will be taught and utilized to maximize the effectiveness of each lift.

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.

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

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