



Personal training at the J.F.Hurley YMCA

Who needs a personal trainer?

Are you someone who needs motivation to workout?

Maybe you want to enhance your sports performance or you just need the commitment of having a personal trainer. And of course a personal trainer will push you further than you would by yourself.

Some need only a couple of personal training sessions; some can't live without their personal trainer!

YMCA policy is that Personal trainers have their license current and have to be a Rowan County YMCA staff.

Payment has to be made at the front desk and failure to do so may cost a member, and staff not following policies, to lose their YMCA membership privileges.

All packages expire 6 months from the date they were purchased.

Prices: 1 Hour of Personal Training = \$30.00

4 Hours of PT=\$90.00

6 Hours of PT. = \$ 130.00

12Hours of PT. = \$ 250.00