



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



| PACKAGE | PRICE |
|---------------------------------|------------|
| PERSONAL TRAINING | |
| 30 MINUTES | |
| SINGLE | \$38.00 |
| TRY-PACK (3) | \$99.00 |
| 60 MINUTES | |
| SINGLE | \$66.00 |
| BUDDY TRAINING (2) | |
| 30 MINUTE BUDDY | \$25.00 ea |
| 60 MINUTE BUDDY | \$45.00 ea |
| SMALL GROUP TRAINING (3) | |
| 30 MINUTES | \$20.00 ea |
| 60 MINUTES | \$40.00 ea |
| MASTER TRAINING | |
| SINGLE 30 MINUTES | \$45.00 |
| SINGLE 60 MINUTES | \$75.00 |

| PACKAGE | PRICE |
|---------------------------------|----------|
| PILATES GROUP | |
| 60 MINUTE | \$35.00 |
| PILATES SINGLE | |
| 60 MINUTE | \$60.00 |
| AQUATIC TRAINING PACKAGE | |
| (8) 30 Minutes | \$269.00 |

4 / 8 / 12 packs of training will save you 5% / 7% / 12%.

Contact Health and Wellness Director
Tyler.LaMontagne@ghymca.org to get you started today!