



Personal Training

We build strong kids, strong families, strong communities.

**Introductory Rate:
Personal Training Massage Combo
3- 30 minute Personal Trainings
&
1- 30 minute Massage
For only
\$110**

**Introductory Rate for
FIRST TIME MEMBERS!
4 - 30 minute sessions
for only
\$99**



DeVos Blum Family YMCA Personal Training Rates

30-Minute Sessions	30-Minute Partner Sessions
1 session.....\$30	1 session.....\$50
3 sessions.....\$85	3 sessions.....\$140
6 sessions.....\$160	6 sessions.....\$265
10 sessions.....\$250	10 sessions.....\$465
20 sessions.....\$425	
60-Minute Sessions	60-Minute Partner Sessions
1 session.....\$55	1 session.....\$85
3 sessions.....\$150	3 sessions.....\$225
6 sessions.....\$280	6 sessions.....\$420
10 sessions.....\$450	10 sessions.....\$650
20 sessions.....\$850	
*Introductory rate may be purchased only once as long as there hasn't been any other previous sessions purchased.	*Two or three partners may train at a time. It must be the same partners throughout the length of the package.

*Personal Training is a service offered only to members.

*Sixty minute Personal Training sessions may not be broken into halves.

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The YMCA of South Palm Beach County's mission is to put Christian principals into practice through programs that build healthy spirit, mind and body for all.



