



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FINALLY GET RESULTS

PERSONAL TRAINING RATES

ONE-HOUR SESSIONS	Personal	Expert
Single Session	\$59.00	\$69.00
5-session package	\$290.00 (\$58.00/session)	\$340.00 (\$68.00/session)
10-session package	\$570.00 (\$57.00/session)	\$670.00 (\$67.00/session)
20-session package	\$1060.00 (\$53.00/session)	\$1,260.00 (\$63.00/session)
30-MINUTE SESSIONS	Personal	Expert
Single Session	\$37.00	\$42.00
5-session package	\$180.00 (\$36.00/session)	\$205.00 (\$41.00/session)
10-session package	\$350.00 (\$35.00/session)	\$400.00 (\$40.00/session)
20-session package	\$650.00 (\$32.50/session)	\$740.00 (\$37.00/session)
PARTNER SESSIONS	Personal	Expert
Single Session	\$83.00 (\$41.50/person)	\$98.00 (\$49.00/person)
5-session package	\$410.00 (\$205.00/person)	\$485.00 (\$242.50/person)
10-session package	\$805.00 (\$402.50/person)	\$950.00 (\$475.00/person)
20-session package	\$1,495.00 (\$747.50/person)	\$1,765.00 (\$882.50/person)
Small Group (3-4 people)	Personal	Expert
5-session package	\$135.00	\$160.00
10-session package	\$245.00	\$295.00

*Prices are valid through 12/31/2011

Single Sessions expire 30 days from purchase date
 5-Pack purchases expire 60 days from purchase date
 10-Pack purchases expire 90 days from purchase date
 20-Pack purchases expire 120 days from purchase date

Our Personal Trainers require 24-hours cancellation notice.
 Failure to notify trainer within 24-hours will result in the loss of your session.

Please contact the Fitness Coordinator, Derek Paiva, (x226) with all inquiries, comments and suggestions.

OLD COLONY YMCA - STOUGHTON STRIAR BRANCH

445 Central Street, Stoughton, MA
 781-341-2016, www.oldcolonymca.org