



SOUTH WOOD COUNTY YMCA PERSONAL TRAINING & INBODY PACKAGES

**TAKE YOUR FITNESS TO A WHOLE NEW LEVEL,
NO MATTER YOUR CURRENT ABILITY!**

NATIONALLY CERTIFIED PERSONAL TRAINERS

Y MEMBER AND NON-MEMBER PRICE FOR PERSONAL TRAINING SESSIONS

PACKAGE NAME	1 SESSION	5 SESSIONS	10 SESSIONS	16 SESSIONS
Individual Personal Training	\$55 \$70	\$230 \$300	\$400 \$550	\$600 \$800
2-Person Training	\$70/group	\$300/group	\$500/group	-

Packages include 60-minute personal training sessions with 2-3 additional workouts to do on your own.

*Max of 2 Inbody Body Composition Analyses per package (Only for package sizes larger than 5)

Y MEMBER AND NON-MEMBER PRICE FOR INBODY BODY COMPOSITION ANALYSIS

PACKAGE NAME	1 SESSION	2 SESSIONS	6 SESSIONS	12 SESSIONS
Inbody Body Composition Analysis	\$40 \$80	\$70 \$140	\$180 \$360	\$300 \$600

A 20-minute consultation with a personal trainer to receive a full body body composition analysis, explanation of the information presented, and advice on what resources the Y offers to help accommodate goals based on Inbody results. You may take a picture of the result sheet, but will not be able to take it with you.



REGISTER TODAY!

VISIT [SWCYMCA.ORG](https://www.swcymca.org) OR CALL 715.818.9622

QUESTIONS? KLATKIEWICZ@SWCYMCA.ORG • 715.818.6015

