



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BECOMING A BETTER YOU

## BROOKS FAMILY YMCA PERSONAL TRAINING PROGRAM

### 1 Hour Session Pricing

SESSIONS	FEE
1 Session	\$60/session
4 Sessions	\$57/session
8 Sessions	\$54/session
12 Sessions	\$51/session

### 30 Minute Session Pricing

SESSIONS	FEE
1 Session	\$40/session
4 Sessions	\$38/session
8 Sessions	\$36/session
12 Sessions	\$34/session

### CONTACT:

Call us at 434-974-9622 or visit us online at [piedmontymca.org](http://piedmontymca.org).

