



PERSONAL TRAINING

FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KNOX COUNTY YMCA

BENEFITS OF PERSONAL TRAINING

There are so many reasons why working with a Certified Personal Trainer can benefit you, such as added variety to your workouts, maximizing your time, specific personal attention, enhanced results and increased support.

OUR PHILOSOPHY

We believe in health and well-being for everyone. We are here for you, to help you grow in spirit, mind and body. At the Y, you will be part of a welcoming and nurturing environment where together we will achieve the results you have always wanted. No matter where you start, we can help you get to where you want to be.

MEET OUR PERSONAL TRAINERS

Visit us online at www.knoxyymca.org/programs/personal-training and read a short bio of each of our nationally Certified Personal Trainers.

ONE-ON-ONE 30-MINUTE MOTIVATOR



Fast and fun results driven workout with a Certified Personal Trainer. These workouts are a great way to begin or end your day. Fully customizable schedule for how often and when you work together.

1 Session	\$30
5 Sessions	\$120
10 Sessions	\$210

ONE-ON-ONE 60-MINUTE FULL POTENTIAL



On-on-one personal training sessions with a Certified Personal Trainer. One hour sessions include fitness assessment, cardio respiratory training, resistance training and personal coaching. Fully customizable schedule for how often and when you work together.

1 Session	\$50
5 Sessions	\$210
10 Sessions	\$360

SEMI-PRIVATE TRAINING



A great way to get results and motivate each other by training with two to three individuals under the direction of a Certified Personal Trainer. Fully customizable schedule for how often and when you work together.

	30-Minute Session	
	<u>2 Person*</u>	<u>3 Person*</u>
1 Session	\$20	\$15
5 Sessions	\$78	\$70
10 Sessions	\$155	\$135
	60-Minute Session	
	<u>2 Person*</u>	<u>3 Person*</u>
1 Session	\$40	\$35
5 Sessions	\$170	\$150
10 Sessions	\$310	\$275

*Price per individual

SMALL GROUP TRAINING



Small group personal training offers clients the enthusiasm and encouragement from a group environment while still getting personalized attention and fitness routines.

*Minimum of four participants per group. See Small Group Fitness Schedule for more details.