

TRAIN SMARTER NOT HARDER

PERSONAL TRAINING MONTHLY PLANS NOW AVAILABLE

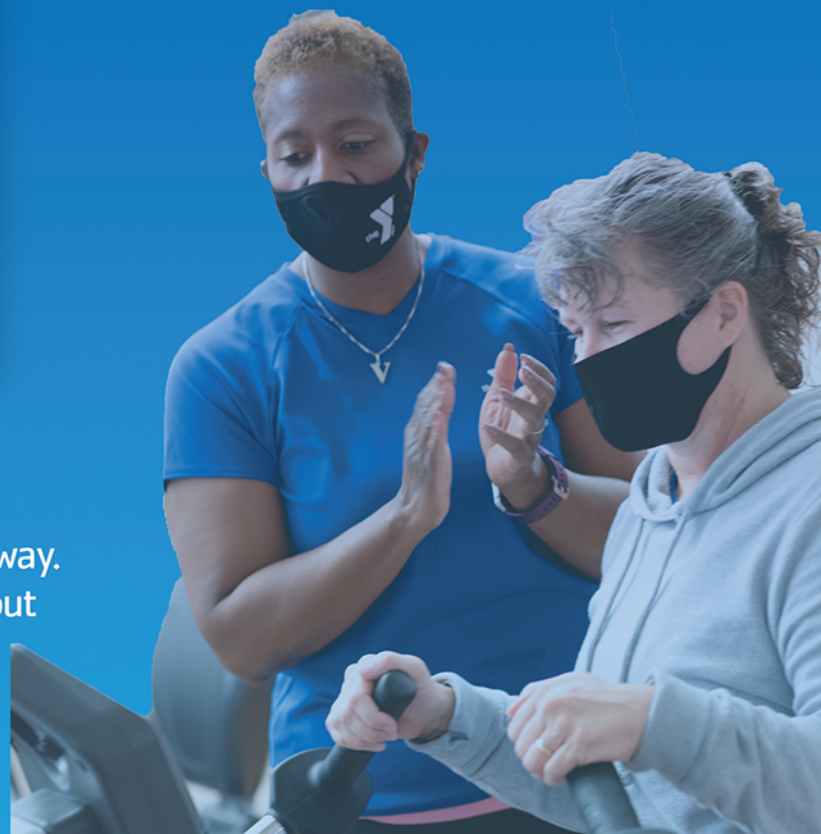
*Church Health YMCA, Olive Branch Family YMCA
and YMCA at Schilling Farms Centers only.



PER MONTH	30 MINUTES	60 MINUTES
12 Sessions	\$330	\$480
8 Sessions	\$260	\$360
4 Sessions	\$150	\$200
1 Session	\$45	\$50

COVID-19 Safety Procedures

All trainers will wear masks and keep 6-8 ft away.
Hand sanitizer stations are provided throughout
the branch along with disinfectant.





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PERSONAL TRAINING MONTHLY PLAN

PERSONAL TRAINING DRAFT

Resist the risk of aimless workouts with professionally structured routines to burn fat, build endurance, surge strength, and be better! Your health is the greatest investment you'll ever have, and professionally certified YMCA Personal Trainers will create customized workouts targeted at achieving your fitness goals. Worried about time? Choose between 30-min. or 60-min. sessions. Concerned about expenses? Your body isn't; choose between packages or our most affordable option, monthly Personal Training Monthly Plan rates! Empower your journey to health with Y Personal Trainers today!

PER MONTH	30 MINUTES	60 MINUTES
12 Sessions	\$330 - \$27.50 per session	\$480 - \$40 per session
8 Sessions	\$260 - \$32.50 per session	\$360 - \$45 per session
4 Sessions	\$150 - \$37.50 per session	\$200 - \$50 per session
1 Session	\$45 - \$45 per session	\$50 - \$50 per session

What is the Personal Training Monthly Plan Program?

A simple, easy way to pay monthly for personal training sessions to help keep you on track with your fitness goals and to ensure that you have the lowest rate possible. Save money and stay on track with your fitness goals!

Benefits of monthly?

Say goodbye to higher-rate, larger-cost packages! Your body benefits best when you're in a consistent routine improving it regularly. This Personal Training option spreads the payments out monthly ensuring long term progress towards your goals – and guaranteeing the lowest rate possible!

Who is eligible to take advantage of these savings?

All Full Facility Draft members, 12 years and older, in good-standing at any of the YMCA of Memphis & the Mid-South Centers.

What do I need to know to participate in the Personal Training Monthly Plan?

- Select 1 (1x per month), 4 (1x per week), 8 (2x per week), or 12 (3x per week) monthly sessions with a Personal Trainer.
- Select your preferred 30- min. or 60-min training timeslot.
- Personal Training Draft Authorization Agreement must be completed prior to performing your first personal training session.
- Sign-ups for this program may occur at any time during the month, you will draft the full amount and accrue the full amount of sessions that NEVER expire as long as you are enrolled in drafting monthly personal training sessions.

What if I have to miss a session(s)?

In the event that you cannot meet for a scheduled session, 24-hour advanced notice must be given to the Personal Trainer, otherwise the session will be accounted for as performed. You may certainly, and we highly encourage you, to reschedule your makeup session(s) at any point throughout the current month to ensure you take advantage of your total Sessions Per Month allotment! Miss one this week due to travel, illness, or any other reason? Make it up any time!

Can I Upgrade or Downgrade my package?

Planning to travel or expecting a change in your work routine? You can upgrade or downgrade the number of sessions in your monthly training program as you need to better suit your schedule and availability.

Can I cancel my participation in the Personal Training Monthly Plan program?

Like everything at your Y, you control what works for you! Consistent with your Membership, you may cancel your drafting personal training with a 30 day cancellation. You will be able to personal train during your last draft period. You can see the Welcome Center to make these changes.

How Do I Get Started?

Visit the Welcome Center at Church Health YMCA, Olive Branch Family YMCA, YMCA at Schilling Farms, or contact via email at personaltraining@ymcamemphis.org.