



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

PERSONAL TRAINING

The YMCA is an ally for adults seeking a healthier lifestyle through increased physical activity, unique educational opportunities and enriching social engagement.

What to expect:

Work with one of our certified personal trainers to start attaining your personal best! Your trainer will guide you through a fitness assessment, and then help you set your own fitness goals. Our trainers give you that extra attention and encouragement that we all need. Whether you've just started exercising or want to maximize your workout, our trainers are here for you.

Program options and fees*:

	Single Session	4 Sessions	8 Sessions	12 Sessions
Individual Training	\$55	\$204 (\$51/session)	\$392 (\$49/session)	\$564 (\$47/session)
Semi-Private Training <i>(Prices listed are per person)</i>	\$35	\$132 (\$33/session)	\$240 (\$30/session)	\$336 (\$28/session)
30– minute sessions	\$30	\$112 (\$28/session)	\$216 (\$27/session)	\$294 (\$24/session)

*Prices listed are for YMCA members. Non-members may purchase Personal Training for an additional 10% of cost. Please see the Member Service Desk for complete details.

How to get started:

To purchase Personal Training sessions, please visit our Member Services Desk.

Important information:

- Cancellations require 24-hour notice or a session may be forfeited from the training package.
- Sessions expire 90 days after purchase.

YMCA OF THE PALMS

5450 YMCA Rd, Naples, FL 34109

P 239 597 3148 F 239 597 8415 W www.ympalms.org



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PROGRAM REFUND POLICY

To request a program refund, you must notify the Member Services Desk.

- We will give a full refund on any program or service that is canceled by the registration deadline.
- After the registration deadline and until the beginning of day two of any program or service we will give 100% credit (good for six months) to be applied to another YMCA program, or
- We will provide a pro rated refund for medical/family emergency reasons.

If the YMCA has to cancel a program, you will be given a full refund.

All credits are non-transferable.

Refunds for payments made by cash or check will be refunded via check. Refunds for payments made by credit cards will be returned to the same card. Checks will be issued by the YMCA of the Palms Association office. The check will be issued to the Primary Member. Please allow a minimum of 14 days to process.

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