



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

PRIVATE INSTRUCTION

The YMCA is an ally for adults seeking a healthier lifestyle. Our private instruction program lets you work one-on-one with a qualified instructor to give you the individual attention and professional assistance you need to meet your goals. You'll gain the confidence you need to enjoy our group classes, plus have the flexibility to work around your schedule. Private Instructors are available for additional attention in any of our specialty Aerobic/Strength areas such as Private Yoga, Private Pilates, and more.

What to expect:

Work with one of our certified Private Instructors to start attaining your personal best! Your Instructor will guide you through a fitness assessment, and then help you set your own goals. Our instructors give you that extra attention and encouragement that we all need. Whether you've just started exercising, want to maximize your workout, or just want to enjoy our great classes at the time that's right for you, our Instructors are here for you.

	Single Session	4 Sessions	8 Sessions	12 Sessions
Individual Instruction	\$55	\$204 (\$51/session)	\$392 (\$49/session)	\$564 (\$47/session)
Semi-Private Instruction <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)

Program options and fees*:

*Prices listed are for YMCA members. Non-members may purchase Private Instruction for an additional cost. Please see the Member Service Desk for complete details.

How to get started:

To purchase Private Instruction sessions, please visit our Member Services Desk.

Important information:

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

YMCA OF THE PALMS

5450 YMCA Rd, Naples, FL 34109

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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.