



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONGER TOGETHER



Personal Training

DAYS/DATES/TIMES: Determined by the instructor & client

FEES:	<u>Single Person Training</u>	<u>Two Person Training</u>
2 sessions:	\$74	\$103
4 sessions:	\$132	\$184
8 sessions:	\$250	\$351

The YMCA Fitness Department recommends personal training for members having basic health or medical concerns or wanting extended help in the weight room.

Register online or at the Welcome Desk. Please allow 7 business days for paperwork to be processed and a YMCA staff person to contact you.

Cancellation Policy: The YMCA must receive notice of cancellation 12-hours prior to scheduled appointment. Please contact Tammy, tbennett@whatcomymca.org to cancel. If cancellation is not provided within 12 hours, scheduled session will be forfeited.

Whatcom Family YMCA Bellingham Program Center

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