



Personal Training Packages

**GET STRONG
FEEL STRONG
LIVE STRONG**

HALF HOURLY RATE:

**Member Price: \$35.00
Non-Member Price: \$50.00**

HOURLY RATE:

**Member Price: \$60.00
Non-Member Price: \$75.00**



“THE MOTIVATOR”

**Member Price: \$350.00
Non-Member Price: \$450.00**

**Includes a consultation &
8 One Hour Sessions
Or
16 Half Hour Sessions**

PERSONALIZED SMALL GROUP TRG.

For 3-6 Members

**Member Price: \$95.00 Per Person
Non-Member Price: \$135.00 Per Person
8 Forty Five Minute Sessions**

Semi-Private Package:

For 2 Members

**Member Price: \$140.00 Per Person
Non-Member Price: \$210.00 Per Person
8 Forty Five Minute Sessions**

**TRX Small Group Suspension & Functional Training classes available.
\$30.00 / 45minute sessions for 8 weeks
Check out the TRX flyer for more details.**

Please contact, the Westfield YMCA, 413.568.8631 for non-member rates .

**Cancellation Policy: Out of courtesy, we ask members to give a 6 hour cancellation notice.
Failure to comply, may result in a lost session.**