



PERSONAL TRAINING

The McPherson YMCA has several personal training options that will help you achieve your personal goals.

YMCA Total Health Consultation

This is a **FREE** introductory program where our certified personal trainers will create a well-balanced program that will help you achieve your fitness goals.

Day 1: YMCA Total Health Consultation and Fitness Assessment

Day 2: Cardiovascular Workout orientation

Day 3: Resistance Training Orientation

YMCA Personal Training

This is a program for members that want to meet with a personal trainer to guide them through every workout. These programs are tailored to your goals and physical condition and are fee based. All trainers are certified and will provide extra support and motivation.

Hourly Rates- \$30 for each 1 hour visit

Package- \$25 per visit for 2-10 – 1 hour visits

Group Training Package- \$60 per person for 4 – 1 hour visits.

How do you sign up for YMCA Personal Training?

YMCA member go to the McPherson Family YMCA Front Desk and sign-up for the service of your choice. A YMCA Personal Trainer will call to schedule an appointment in order to start your program for a better you. Online registration for the YMCA Total Health Consultation (3 free days of personal training) is also available.

