



WATERTOWN FAMILY YMCA

Personal Training Fees

There are multiple training options available. These include Personal Training or Aqua Fitness Training for those 12 -69 years of age. Payment for your sessions is made at the branch Welcome Center.

PRIVATE (ONE-ON-ONE) TRAINING SESSIONS:

One-Hour Session: \$45.00 per session

10 One-Hour Sessions:\$405.00

20 One-Hour Sessions:\$810.00

Half-Hour Session: \$30.00 per session

10 Half-Hour Sessions : \$270.00

20 Half-Hour Sessions : \$540.00

SEMI-PRIVATE (2 PARTICIPANTS) TRAINING SESSIONS:

One-hour Session: \$30.00 per person per session

10 One-Hour Sessions:\$270.00 per person

20 One-Hour Sessions:\$540.00 per person

Half-Hour Session: \$20.00 per person per session

10 Half-Hour Sessions: \$180.00 per person

20 Half-Hour Sessions: \$360.00 per person

- Both partners must be present to purchase partner training at the Member Services desk.
- It is highly recommended that if you decide to share personal training sessions that you have the same end goals and are very similar in fitness levels. Your personal trainer has the right to decline partner training if they feel the situation is not going to be beneficial for one/both parties.

SMART START PERSONAL TRAINING PACKAGE: 3 Half-Hour Sessions \$85.00

Package sessions must be paid in advance and expire 6 months after the date of purchase. Every member needs to bring their receipt to their personal trainer for tracking purposes. Personal training sessions are non-refundable.

Cancellation / Late Policy* :

24-Hour notice preferred if client cannot make it to a training appointment. At the trainer's discretion, sessions canceled between 24 and 4 hours may be rescheduled within the following week. Exceptions are always at the personal trainer's discretion.

Clients who arrive late to their training session will not receive additional time beyond their scheduled hour. If you arrive more than 15 minutes late, your session may be canceled and you will still be charged.

On the rare occasion that a trainer must cancel a session, due to unforeseen circumstances, the trainer will reschedule directly with you.