



We have an awesome team!  
**MEET OUR PERSONAL TRAINERS**  
[ppymca.org/personal-trainers](http://ppymca.org/personal-trainers)

## 30 MINUTE EXPRESS WORKOUT

### 1-ON-1 AUTO PAYMENT PACKAGES

4 Sessions	\$117.00
8 Sessions	\$229.00
12 Sessions	\$341.00
24 Sessions	\$643.00
52 Sessions	-

Per month price with 3 or 6 month commitment.

### 1-ON-1 PAID-IN-FULL PACKAGES

\$145.00
\$268.00
\$370.00
\$716.00
\$1,281.00

Paid-in-full packages only. Limit two packages per person.

## 1 HR WORKOUT

### 1-ON-1 AUTO PAYMENT PACKAGES

4 Sessions	\$190.00
8 Sessions	\$364.00
12 Sessions	\$537.00
24 Sessions	\$1,064.00
52 Sessions	-

Per month price with 3 or 6 month commitment.

### 1-ON-1 PAID-IN-FULL PACKAGES

\$224.00
\$425.00
\$604.00
\$1,176.00
\$2,213.00

Paid-in-full packages only. Limit two packages per person.

### PARTNER PACKAGES

Price Per Partner, limit two people

\$160.00
\$285.00
\$375.00
\$735.00
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