

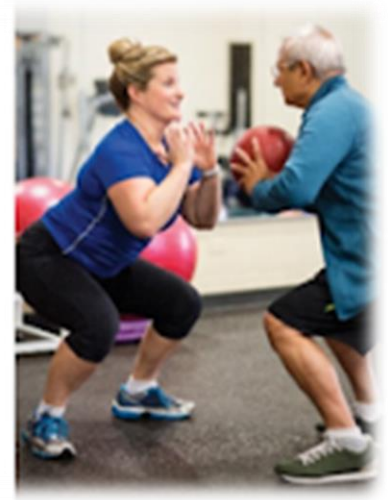


FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



**SUPPORT  
MOTIVATE  
ACHIEVE**

**TAKING IT TO YOUR NEXT LEVEL!**



## Westport Weston Family YMCA Personal Training Program

### Session & Rate Information

Program	Session Type	Duration	Member	Non-Member
<b>Intro to PT</b>	<b>4 Sessions</b>	<b>30 Minutes</b>	<b>\$129</b>	<b>N/A</b>
<b>Intro to PT</b>	<b>3 Sessions</b>	<b>60 Minutes</b>	<b>\$199</b>	<b>N/A</b>
<b>PT-1 Person</b>	<b>1 Session</b>	<b>30 Minutes</b>	<b>\$50</b>	<b>\$65</b>
<b>PT-1 Person</b>	<b>5 Sessions</b>	<b>30 Minutes</b>	<b>\$240</b>	<b>\$315</b>
<b>PT-1 Person</b>	<b>10 Sessions</b>	<b>30 Minutes</b>	<b>\$450</b>	<b>\$650</b>
<b>PT-1 Person</b>	<b>20 Sessions</b>	<b>30 Minutes</b>	<b>\$880</b>	<b>\$1300</b>
<b>PT-1 Person</b>	<b>1 Session</b>	<b>60 Minutes</b>	<b>\$80</b>	<b>\$100</b>
<b>PT-1 Person</b>	<b>5 Sessions</b>	<b>60 Minutes</b>	<b>\$375</b>	<b>\$500</b>
<b>PT-1 Person</b>	<b>10 Sessions</b>	<b>60 Minutes</b>	<b>\$700</b>	<b>\$1000</b>
<b>PT-1 Person</b>	<b>20 Sessions</b>	<b>60 Minutes</b>	<b>\$1360</b>	<b>\$2000</b>
<b>PT-2 Person</b>	<b>1 Session</b>	<b>30 Minutes</b>	<b>\$80</b>	<b>N/A</b>
<b>PT-2 Person</b>	<b>5 Sessions</b>	<b>30 Minutes</b>	<b>\$375</b>	<b>N/A</b>
<b>PT-2 Person</b>	<b>10 Sessions</b>	<b>30 Minutes</b>	<b>\$700</b>	<b>N/A</b>
<b>PT-2 Person</b>	<b>20 Sessions</b>	<b>30 Minutes</b>	<b>\$1360</b>	<b>N/A</b>
<b>PT-2 Person</b>	<b>1 Session</b>	<b>60 Minutes</b>	<b>\$100</b>	<b>N/A</b>
<b>PT-2 Person</b>	<b>5 Sessions</b>	<b>60 Minutes</b>	<b>\$480</b>	<b>N/A</b>
<b>PT-2 Person</b>	<b>10 Sessions</b>	<b>60 Minutes</b>	<b>\$900</b>	<b>N/A</b>
<b>PT-2 Person</b>	<b>20 Sessions</b>	<b>60 Minutes</b>	<b>\$1720</b>	<b>N/A</b>