

# ELITE PERSONAL TRAINING

## YMCA of Martha's Vineyard

# HEALTH & WELLNESS

**SPECIAL  
SUMMER  
TIME OFFER**

### **Personal Training Rates**

#### **One to One (30-minute)**

- 1 personal training session
- 5 personal training sessions
- 10 personal training sessions

#### **One to One (1-hr)**

- 1 personal training session
- 5 personal training sessions
- 10 personal training sessions

#### **Group Personal Training (1-hr)**

- Group of 2
- Group of 3 or More

#### **Body Composition**

***Free Body Composition with  
Purchase of 5 (1-hr) Training Sessions***

#### **Member**

**\$30**  
**\$125**  
**\$225**  
**\$55**  
**\$250**  
**\$450**

#### **Non-member**

**\$45**  
**\$200**  
**\$350**  
**\$75**  
**\$350**  
**\$650**

**\$40each**  
**\$35each**  
**\$25**

**\$60each**  
**\$55each**  
**\$35**

Non members are required to purchase a short-



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