



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## PERSONAL TRAINING

Our Certified Personal Trainers can help you meet your Wellness goals. Our services include Nutritional Coaching, Behavior Change, Boxing, TRX, Kettlebells, Weight Management, Strength and Cardio Training. \*Every package includes a free consultation. All fees are due upon registration.

*IN PERSON RATES: (Packs for in person sessions expire 1 year from purchase date.)*

### 60 Minute Sessions

6 sessions	\$360
12 sessions	\$624
20 sessions	\$900

### 30 Minute Sessions

6 sessions	\$210
12 sessions	\$384
20 sessions	\$600



*ONLINE RATES: (Consultation and training sessions done via live video chat.)  
Online sessions expire 5 weeks from your first training session.*

### 1 Month Packages (all online sessions are 45 minutes per session.)

4 sessions/month	\$250
8 sessions/month	\$500



### OUR PERSONAL TRAINERS:

Our YMCA Trainers are Nationally Certified, have specialty certifications and degrees in Health and Wellness.

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211