



**GET STRONG.
GET MOTIVATED.**

2026 Personal Training

The YMCA can help you meet your fitness goals.

- Lose weight
- Tone
- Rehab from an injury or transition out of physical therapy



30 MIN SESSION	Member	Non-Member
1-30 MIN SESSION	\$50	\$66
4-30 MIN SESSION	\$159 (\$39.75 per session)	\$231
8-30 MIN SESSION	\$316 (\$39.50 per session)	\$460
12-30 MIN SESSION	\$435 (\$36.25 per session)	\$749
60 MIN SESSION	Member	Non-Member
1-60 MIN SESSION	\$79	\$110
4-60 MIN SESSION	\$291 (\$72.75 per session)	\$366
8-60 MIN SESSION	\$535 (\$66.87 per session)	\$673
12-60 MIN SESSION	\$742 (\$61.83 per session)	\$961
BUDDY TRAINING	Member (per person)	Non-Member
1-60 MIN SESSION	\$50	\$73
4-60 MIN SESSION	\$184 (\$46 per session)	\$276
8-60 MIN SESSION	\$350 (\$43.75 per session)	\$532
12-60 MIN SESSION	\$518 (\$43.16 per session)	\$741

*All sessions and packages are valid for 6 months from purchase date. Sessions are non-refundable and non-transferable.

www.DenverYMCA.org

YMCA OF METRO DENVER