

We build strong kids, strong families, strong communities.

Personal Training Services

The Personal Training Program supports the Hastings Family YMCA in its mission and vision of improving our community by building strong kids and strong families. All individuals wishing to join the program must complete a Physical Activity Readiness Questionnaire (PAR-Q). Individuals considered moderate to high risk will be required to obtain a medical release form from their physician.

Personal training is offered to give clients the tools and resources to accomplish his or her specific fitness needs. Proper form, safety precautions and lifting techniques will be addressed with the trainer's assistance.

Fees:

Individual: One-on-one training, individualized strength and conditioning

	Member	Non-member
1 hour session	\$25	\$35
10-1 hour sessions	\$200	\$300

Training Buddies: Any group of two people

	Member	Non-member
1 hour session	\$40	\$60
10-1 hour session	\$300	\$550

Group: Personalized one hour training in a small group atmosphere

	Member	Non-member
2 people	\$20 per person	\$30 per person
3 people	\$15 per person	\$25 per person
4 people	\$10 per person	\$20 per person

Client Privacy Policy

The Hastings Family YMCA Personal Training Program is dedicated to protecting the privacy of all clients, members, and guest. All client information obtained, written or verbal will not be shared or used for any intent outside the Hastings Family YMCA.