



Individual Personal Training

		Members	Non-Members
1	1/2 hour session	\$35	\$45
1	1 hour session	\$50	\$60
3	1 hour sessions	\$143	\$173
5	1 hour sessions	\$225	\$275
10	1/2 hour sessions	\$225	\$325
10	1 hour sessions	\$425	\$525

Body Composition \$20

Using skinfold calipers, your body fat percentage will be calculated by one of our personal trainers. Please call for an appointment .

(also available to the community for \$30)



Group Training (2 person)

A fun and cost efficient way to get fit when sharing the cost. **Available for members only.** Each individual must pay simultaneously.

1	1 hour session	\$35 each
8	1 hour sessions	\$280 each
12	1 hour sessions	\$415 each
20	1 hour sessions	\$680 each

Group Training (3 person)

1 hour session \$25 each

Group Training (4 person)

1 hour session \$20 each

Grants Pass Family YMCA

1000 Redwood Ave

541-474-0001

www.grantspassymca.org

YMCA Wellness Center

1550 SW Nebraska Ave

541-479-3100

www.grantspassymcawellness.org