eliminating racism
empowering women
ywca
Central Massachusetts





More for You

Further your health and wellness experience at YWCA Central Massachusetts

PERSONAL TRAINING

Individual 30-Minute Sessions/Packages	Fitness Member	Non-Fitness Member
1 Session	$50	$60
5 Session Package	$225	$275
10 Session Package	$400	$450

Individual 1-Hour Sessions/Packages	Fitness Member	Non-fitness Member
1 Session	$70	$80
5 Session Package	$300	$340
10 Session Package	$530	$360

*Prices are per member.

All special services are by appointment only and must be paid for at the time of scheduling. Cancellations must be made 24 hours in advance or you will still be charged for the session.

To schedule an appointment with a YWCA Personal Trainer, **call 508-767-2505 or e-mail fitness@ywcacm.org.**