

Greendale Wellness Personal Training Fact Sheet January 2021

1. Personal Training is offered to members and non-members at allotted pricing.
2. Must be an active member & register via our Google Form.
3. Training sessions are available by request and scheduling only. Scheduling is monitored and arranged through our Program Director Jill Wicklund at jwicklund@ymcaofcm.org, or Senior Program Director Karin Anderson at kanderson@ymcaofcm.org.
4. When exercising you must wear workout clothes.
5. Locker Rooms with showers are available for usage. Bathrooms are available throughout the facility.
6. Personal Training clients will meet their trainer in the wellness center. Training may occur in the wellness center or HITT Deck as availability permits. Outside training is also an option per preference of client.
7. Members must wear a mask according to the current Worcester City mandate. Please watch for updates as changes may occur.
8. Personal training sessions will be made by appointment with scheduling coordinated between Y staff and client availability.
9. Private is one:one training: 1 instructor:1 client. Semi Private is 1instructor: 2 clients (friends or family members).
10. Monthly Billing is the Personal Training option preferred for our clients at Greendale. It can occur as 30min or 60 min sessions.

Type- Lessons Training	Member Cost	Program Member (Teen/Youth) Cost	Non-Member Cost	Description
Personal Training-60 min	\$159	\$189	\$229	One 1 hour session per week.
Personal Training-60 min 2X per week	\$299	\$329	\$359	2 1 Hour Sessions per week
Personal Training -30 min	\$99	\$109	\$139	One ½ hour session per week.
Personal Training -45 min	\$144	\$174	\$214	One 45 min session per week.
Personal Training-45 min 2X per week	\$244	\$274	\$324	Two 45 min Sessions per week
Semi-Private- Personal Training 60 min	\$109 per participant	\$139 per participant	\$169 per participant	One 1 hour session per week for the group
Semi-Private- Personal Training 30 min	\$59 per participant	\$89 per participant	\$119 per participant	One 1/2 hour session per week for the group

11. Package sessions (1 hour, 5 hour or 10 hour) one time purchase can be tracked on our Virtua gym app under Greendale Wellness: Personal Training sessions.

Personal Training Member: \$75/60 min session	Non- Member: \$95
Member: \$275/ 5 pack 60-min session	Non- Member: \$400
Member: \$450/10 pack 60-min session	Non- Member: \$550

Member price for Semi-Private Lesson 5 package offer only: Cost is per person:

Member: \$180/ 5 pack 60-min session Non- Member: \$270

12. It is critical that both client and staff members be flexible due to Covid protocols.