



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ONE-ON-ONE WELLNESS SUBSCRIPTIONS

Achieve your goals with a consistent schedule and monthly payments at the best value. Choose from Personal Training, Nutrition, Health Coaching, Acupuncture and more!

	YMCA MEMBERS		NON-MEMBERS	
	Per Month	Per Session	Per Month	Per Session
<b>30 Minute</b>				
4 sessions	\$168	\$42	\$252	\$63
8 sessions	\$320	\$40	\$488	\$61
12 sessions	\$456	\$38	\$708	\$59
<b>60 Minute</b>				
4 sessions	\$248	\$62	\$332	\$83
8 sessions	\$480	\$60	\$648	\$81
12 sessions	\$696	\$58	\$948	\$79
<b>90 Minute*</b>				
4 sessions	\$376	\$94	\$460	\$115
8 sessions	\$736	\$92	\$904	\$113
12 sessions	\$1,080	\$90	\$1,320	\$110

\*90-minute sessions are available for Acupuncture only.

**Financial assistance available.**  
**Virtual sessions available for many service options.**

For Acupuncture, Health Coaching, and Nutrition, first-time participants must register for a 60-minute session.

Sessions purchased through subscriptions are valid through the end of the month in which they were purchased. Auto-renewals for subscriptions occur on the 1st of each month. All Wellness subscriptions are priced per person and cannot be shared with another individual. Due to city tax requirements, massage services are available separately. Scan the QR code to learn more about all YMCA Wellness packages and subscriptions.





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# ONE-ON-ONE WELLNESS PACKAGES

Enjoy custom wellness plans built around your goals and schedule. Choose from Personal Training, Nutrition, Health Coaching, Acupuncture and more!

## ONE-TIME INTRO PACKAGES

	YMCA MEMBERS	
<b>30 Minute</b>	<b>Per Package</b>	<b>Per Session</b>
4 sessions	\$168	\$42
<b>60 Minute</b>	<b>Per Package</b>	<b>Per Session</b>
4 sessions	\$260	\$65



## REGULAR PACKAGES

	YMCA MEMBERS		NON-MEMBERS	
<b>30 Minute</b>	<b>Per Package</b>	<b>Per Session</b>	<b>Per Package</b>	<b>Per Session</b>
1 session	\$61	\$61	\$82	\$82
6 sessions	\$336	\$56	\$462	\$77
12 sessions	\$588	\$49	\$864	\$72
20 sessions	\$880	\$44	\$1,320	\$66
<b>60 Minute</b>	<b>Per Package</b>	<b>Per Session</b>	<b>Per Package</b>	<b>Per Session</b>
1 session	\$87	\$87	\$110	\$110
6 sessions	\$492	\$82	\$624	\$104
12 sessions	\$924	\$77	\$1,188	\$99
20 sessions	\$1,320	\$66	\$1,740	\$87
<b>90 Minute*</b>	<b>Per Package</b>	<b>Per Session</b>	<b>Per Package</b>	<b>Per Session</b>
1 session	\$110	\$110	\$135	\$135
6 sessions	\$630	\$105	\$774	\$129
12 sessions	\$1,200	\$100	\$1,476	\$123
20 sessions	\$1,900	\$95	\$2,340	\$117

\*90-minute sessions are available for Acupuncture only.

**Financial assistance available. Virtual sessions available for many service options.**

For Acupuncture, Health Coaching, and Nutrition, first-time participants must register for a 60-minute session.

**Packages must be paid in full at the time of purchase and are valid for one year from the date of purchase.** Intro Packages are available one time per member only. All Wellness packages are priced per person and cannot be shared with another individual. Due to city tax requirements, massage services are available separately. Scan the QR code to learn more about all YMCA Wellness packages and subscriptions.



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# BUDDY WELLNESS PACKAGES

Enjoy concentrated attention as you work together with a friend or partner to reach shared fitness or nutrition goals. Buddy packages are for 2-3 participants.

## ONE-TIME INTRO PACKAGES\*

	YMCA MEMBERS — PER PERSON	
	Per Package	Per Person/Session
<b>30 Minute</b>		
4 sessions	\$140	\$35
<b>60 Minute</b>	Per Package	Per Session
4 sessions	\$180	\$45

## REGULAR PACKAGES\*

	YMCA MEMBERS — PER PERSON		NON-MEMBERS — PER PERSON	
	Per Package	Per Session	Per Package	Per Session
<b>30 Minute</b>				
1 session	\$39	\$39	\$61	\$61
6 sessions	\$222	\$37	\$354	\$59
12 sessions	\$396	\$33	\$672	\$56
<b>60 Minute</b>	Per Package	Per Session	Per Package	Per Session
1 session	\$49	\$49	\$72	\$72
6 sessions	\$282	\$47	\$414	\$69
12 sessions	\$528	\$44	\$792	\$66
20 sessions	\$840	\$42	\$1,280	\$64

\*Currently only available for personal training and nutrition



**Financial assistance available.**  
**Virtual sessions available for many service options.**

**Packages must be paid in full at time of purchase and are valid for one year from the date of purchase. Intro Packages are available one time per member only.**

**Listed prices are per participant.**