FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2025-2026 FITNESS TRAINING AT THE HOCKOMOCK AREA YMCA

Let us help you reach your goals!

All training is with a certified personal trainer with experience working with clients 1-on-1 and in groups.

We can help you choose a trainer with the expertise that will suit you best. We have trainers that specialize in training for races and triathlons, strength training for all ages, yoga, Pilates, & more.

Complete this intake form to learn more about our training programs, to register, and to select a trainer: https://bit.ly/NAYPersonalTraining. A member of our Health & Wellness Team will be in touch to assist.

We look forward to helping you reach your goals.









hockymca.org

PERSONAL TRAINING

Our 1-on-1 personal training program is set up as a monthly draft.

This allows you to simply focus on your workouts and progress at your own pace knowing that your time is locked in with your trainer for as long as you want.

We have 3 monthly draft options available. The billing cycle will occur each month and will draft on the 1st of the month. (Partial months will be prorated).

45-Minute Sessions	Member / Nonmember
• 4 X Month	$237 / $474
• 8 X Month	$474 / $948
• 12 X Month	$711 / $1422
• 1X Add On	$59 / $118

SEMI-PRIVATE PERSONAL TRAINING

Our Semi-Private Personal Training packages are set up for purchase as needed.

Per Person (2)	Member / Nonmember
• 3 X 45-Minute Sessions	$108 / $216
• 6 X 45-Minute Sessions	$216 / $432
• 12 X 45-Minute Sessions	$433 / $866

SMALL GROUP TRAINING

Our Small Group Personal Training packages are set up for purchase as needed.

3-8 Persons	Member / Nonmember
• 6 X 45-Minute Sessions	$105 / $210
• 12 X 45-Minute Sessions	$210 / $420

Need more Info?
Contact Health & Wellness Director
Bobby Pacuk
bobbyp@hockymca.org / 508-643-5218