the YMCA

STRONGER TOGETHER

TEAM TRAINING EXPERIENCE

The unique structure of our Stronger Together groups allow you to maximize the benefit of your program and take full advantage of our expert training staff. Each workout is designed to increase your functional strength, reduce injuries, and boost your metabolism. This training is the best fat loss workout available.

SMALL GROUP TRAINING EXPERIENCE

Designed for those who value camaraderie, attention to detail, and a supportive environment, these intimate classes combine the energy of group workouts with the focus of individualized coaching. With smaller groups, our trainers can provide personalized guidance, ensuring proper form and technique while fostering a sense of community and accountability. It's the perfect balance of connection, precision, and results.

1:1 PERSONAL TRAINING EXPERIENCE

With Stronger Together Private Personal Training, we will place you in the proper level of training to reach your goals and address any of your concerns. In this personalized setting, you will meet with one of our certified trainers and benefit from their in-depth instruction, while achieving the goals you desire.

TEAM TRAINING

Unlimited 45-minute sessions providing the benefits of a personal trainer with the dynamics and camaraderie of group workout. 3 great team training options available for choosing at any time.

- ⇒ **Foundations**
- ⇒ **Afterburn**
- ⇒ **Industrial Strength**

Unlimited/Month - $107

SMALL GROUP TRAINING

45-minute group training sessions with up to 4 people. Gain support and accountability in small groups with a personal trainer. Experience a more intimate session focused on results.

- ⇒ **Up to 5x/Month - $170**
- ⇒ **Up to 10x/Month - $320**
- ⇒ **1-1 Personal Training Add on available.**

1-1 PERSONAL TRAINING

45-minute personalized sessions with a certified personal trainer providing in-depth instruction at the proper level of training to reach your specific goals.

- ⇒ **Up to 4x/Month - $215**
- ⇒ **Up to 8x/Month - $384**
- ⇒ **Up to 12x/Month - $504**





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1:1 PERSONAL TRAINING INCLUDES

- 45-Minute 1-on-1 Personal Training Sessions (4, 8 or 12) based on plan choice
- Unlimited 45-Minute Team Training Sessions (Foundations/Afterburn/Industrial Strength)
- Styku Body Scans
  Rescans every 8 weeks
- FREE Functional Movement Screen
  Retesting every 8 weeks
- Monthly Personal Meetings
- Customized Personal Training App
- Small Group Add ons Available!
- Private workout space dedicated to Stronger Together clients

SMALL GROUP TRAINING INCLUDES

- 45-Minute Small Group Training Sessions (5 or unlimited) based on plan choice
- Unlimited 45-Minute Team Training Sessions (Foundations/Afterburn/Industrial Strength)
- Styku Body Scans
  Rescans every 8 weeks
- FREE Functional Movement Screen
  Retesting every 8 weeks
- Monthly Personal Meetings
- Customized Personal Training App
- 1-on-1 Personal Training Add ons Available!
- Private workout space dedicated to Stronger Together clients

TEAM TRAINING INCLUDES

- Unlimited 45-Minute Team Training Sessions (Foundations/Afterburn/Industrial/Strength)
- FREE Functional Movement Screen
  Retesting every 8 weeks
- Monthly Personal Meetings
- Customized Personal Training App
- Private Workout Space dedicated to Stronger Together clients

CONTACT CHRIS RAYMOND FOR MORE INFO: CHRISR@HOCKYMCA.ORG / 774-235-2732