

# GRANTS PASS FAMILY YMCA PERSONAL TRAINING

## MEMBER /NON-MEMBER

	MEMBER		NON-MEMBER
1 1/2 Hour session	\$35.00		\$45.00
1 1 Hour session	\$50.00		\$60.00
3 1 Hour sessions	\$143.00		\$173.00
5 1 Hour sessions	\$225.00		\$275.00
10 1/2 Hour sessions	\$225.00		\$325.00
10 1 Hour sessions	\$425.00		\$525.00

Packages must be redeemed within 6 months



Take an InBody test today

**\$35.00**

In just 50 seconds, the InBody Test will show your percentage of, body fat, muscle and body water, giving you a better understanding of your weight and health



Each subsequent InBody test is \$5



**Contact us**

Grants Pass Family YMCA  
1000 Redwood Ave  
Grants Pass, OR 97527  
541-916-5790  
[wellness@grantspassymca.net](mailto:wellness@grantspassymca.net)