

Our Y Stories

"I had a sciatica injury and worked with a Y personal trainer who formulated an aquatic treatment plan to relieve my sciatica pain through exercises and different stretches. After a few weeks I was able to resume my weekly water aerobic classes." ~ Barbara

"My Y personal trainer has been an amazing addition to my life! She has supported me with her knowledge, skill and enthusiasm bringing me from a novice gym user to someone who is building personal fitness and health into my everyday life! For the first time in my life, I am empowered to take control of my health and owe it all to my Y trainer and the YMCA!" ~ Fran

"Personal Training at the Y helped me launch a year of weekly workouts. It made me aware of my limitations as I made steady progress. Kudos to my Y trainer, highly recommended." ~ Betsy

"I never thought I would start lifting weights at 46 years old, but I'm so glad I did. I leave each personal training session feeling accomplished and proud of my new wellness journey. My personal trainer's knowledge of fitness and the body as well as her awesome personality, has motivated me to improve my health and physique." ~ Regan



SANFORD-SPRINGVALE YMCA

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



**PERSONALLY
HERE FOR YOU.**

Personal Training

SANFORD-SPRINGVALE YMCA

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PERSONAL TRAINING

Whether you are brand new to fitness, or a veteran wellness seeker looking for new workout ideas, YMCA Personal Trainers are trained and certified to provide you with safe and effective workouts. Your goals are important to us and what better way to reach them than with guidance from one of our nationally certified Y Personal Trainers. Aren't you worth it?



BENEFITS OF PERSONAL TRAINING

Working with a Y Personal Trainer will help you to reach realistic health, fitness and behavior-change goals that sometimes are not attainable on your own. Your Y Personal Trainer will develop a program that will lead you down the right path to success.

What a Personal Trainer can do for you...

- Help define your personal goals
- Develop a customized exercise program using evidence-based science
- Provide motivation, accountability and celebration
- Overcome training plateaus
- Offer general non-medical nutrition information
- Coach proper form and technique to reduce risk of injury
- Achieve results!



Receive a complimentary consultation to learn about the variety of options to fit your needs and budget. Personal Training is for everyone - Get Started today!

Personal Training Rates

INDIVIDUAL (1:1)	
Single Session	\$45
6 Sessions	\$240
8 Sessions	\$310
10 Sessions	\$370
12 Sessions	\$435

PARTNER TRAINING (2 People)	
Single Session	\$65
6 Sessions	\$360
8 Sessions	\$455
10 Sessions	\$550
12 Sessions	\$635