



CONTACT US TODAY

Horn Family YMCA

4901 Indian School Rd.
Albuquerque, NM 87110

McLeod Family YMCA

12500 Comanche Rd.
Albuquerque, NM 87111

YMCACNM.ORG | 505-595-1515

FITNESS MADE SIMPLE



How long is each session?

Individual. Partner and Small Group Training sessions are one hour in length.

How do I pay for my sessions?

Each appointment must be paid for in advance. Please pay at the membership desk or online.

What if I'm late?

Trainers will wait up to 15 minutes for a late client. However, even if a session begins late, it will end at the scheduled time and no discount will be offered.

CANCELLATION POLICY

Your appointment is valuable; it is reserved for you and for you alone. Therefore, we ask that you provide at least 24 hours notice for a cancellation. Members who provide less than a 24-hour notice will be charged for their session.

To cancel an appointment please contact your trainer directly or call the YMCA membership desk at: 505-595-1515

EXPIRATION POLICY

All personal training sessions must be completed within 12 months of the date of purchase.



YMCA OF CENTRAL NEW MEXICO



**PERSONAL TRAINING.
FOR A BETTER US.**



CHOOSE A SESSION PACKAGE THAT WORKS FOR YOU!

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PERSONAL TRAINING

MEMBER FEE

One Session: \$50

Four Sessions: \$184 (\$46/Session)

Eight Sessions: \$336 (\$42/Session)

Twelve Sessions: \$456 (\$38/Session)

NON-MEMBER FEE

One Session: \$100

Four Sessions: \$368 (\$92/Session)

Eight Sessions: \$672 (\$84/Session)

Twelve Sessions: \$912 (\$76/Session)

PARTNER TRAINING

MEMBER FEE

One Session: \$80

Four Sessions: \$304 (\$76/Session)

Eight Sessions: \$576 (\$72/Session)

Twelve Sessions: \$816 (\$68/Session)

NON-MEMBER FEE

One Session: \$160

Four Sessions: \$608 (\$152/Session)

Eight Sessions: \$1152 (\$144/Session)

Twelve Sessions: \$1632 (\$136/Session)

GROUP TRAINING- THREE OR MORE PEOPLE, TEAMS, OFFSITE CORPORATE TRAINING- PLEASE CONTACT US FOR CUSTOMIZED PROGRAM PRICING.

ABOUT OUR SESSIONS

PERSONAL TRAINING – 1:1

Receive individual attention, guidance and motivation from your certified and or degreed personal trainer to ensure success in reaching your fitness goals. After an initial consultation with your trainer regarding your specific goals safe & effective session(s) will be designed just for you!

PARTNER TRAINING – 2 People

Train with a partner and have some fun!

Workout together while motivating one another under the guidance of your trainer. An initial commitment of four sessions is required. The same fee will be charged even if one person is missing from the partner session.

