



# Personal Training

We build strong kids, strong families, and strong communities.

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	Member Prices	Non-Member Prices
<b>Personal Training</b>	\$25.00/hour	\$35.00/hour <i>*price includes day fee*</i>
<b>Group Personal Training</b>	If there are 2 people in the training session each person pays \$18.00/hour	If there are 2 people in the training session each person pays \$23/hour  <i>*price includes day fee*</i>

Sessions must be paid for at the front desk prior to training appointment.

If you are interested in personal training leave your name and phone number with the front desk to have one of our certified personal trainers call back to set up an appointment.



CORTLAND COUNTY FAMILY YMCA  
 22 Tompkins Street  
 Cortland, New York 13045  
 607-756-2893

