

# more for you

## Further your health & wellness experience at the YWCA.

To help you achieve your fitness goals or simply relax after a stressful day, the YWCA offers special services including:

### Personal Training

A personal trainer can help motivate and support you, and monitor your workout keeping you on track to achieve your fitness goals. She/he can design a customized fitness program, instruct you in proper form and technique, help you recover from injury or train for a competitive event. Whatever your fitness needs, a personal trainer can make the difference.

	Member Fee	Non-Member Fee
<b>Personal Training: Individual</b>		
One Hour	\$40	\$50
Five Hour Package	\$160	\$200
Ten Hour Package	\$300	\$375
Introductory Special 3 Hour Package*	\$100	\$125
<b>Personal Training: Semi-Private (<i>two individuals</i>)</b>		
One Hour	\$50	\$60
Five Hour Package	\$200	\$240
Ten Hour Package	\$375	\$450
Introductory Special 3 Hour Package*	\$125	\$150
<b>Personal Training: Group (<i>three or four individuals</i>)</b>		
One Hour	\$60	\$75
Five Hour Package	\$240	\$280
Ten Hour Package	\$450	\$525
Introductory Special 3 Hour Package*	\$150	\$175

\*The Introductory Special is available for first-time personal training clients only. Regular pricing applies to all future training sessions upon completion of introductory offer of three hours.

To schedule an appointment with a personal Fitness Trainer 508-767-2505, ext. 3023  
Aquatic Trainer 508-767-2505, ext 5512

### Massage Therapy & Reiki Treatment

Whether seeking relief for a medical condition, searching for a method to help deal with stressors of daily life or wanting to maintain good health, massage therapy and Reiki are good for the mind and body. All practitioners are licensed and certified.

	Member	Non-Member
½ hour session	\$30	\$35
1 hour session	\$45	\$55

To schedule an appointment call, 508-767-2505, ext. 3023

All special services are by appointment only and must be paid for at the time of scheduling. Cancellations must be made 24 hours in advance. For a complete listing of personal trainers, massage therapists and Reiki practitioners, please visit [www.ywca Worcester.org](http://www.ywca Worcester.org).