

GROUP FITNESS PERSONAL TRAINING



- MELT
- PILATES
- YOGA
- TRX
- CYCLING
- SPRINT
- GRIT
- PUMP
- COMBAT
- WATER EX
- ZUMBA
- Customized
(Your choice)

Meet with an instructor
one-on-one before attending
and let us help you feel
comfortable and successful
in Group Fitness classes

PRICES

One-on-One

Time	Member	Non-member
30 min	\$30	\$40
45 min	\$40	\$50
60 min	\$50	\$60

Group (2-4 people) Price per person

Time	Member	Non-Member
30 min	\$15	\$20
45 min	\$20	\$25
60 min	\$25	\$30

Contact:
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