



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ONE-ON-ONE WELLNESS SUBSCRIPTIONS

Achieve your goals with a consistent schedule and monthly payments at the best value. Choose from Personal Training, Nutrition, Health Coaching, Acupuncture and more!

	YMCA MEMBERS		NON-MEMBERS	
30 Minute	Per Month	Per Session	Per Month	Per Session
4 sessions	\$168	\$42	\$252	\$63
8 sessions	\$320	\$40	\$488	\$61
12 sessions	\$456	\$38	\$708	\$59
60 Minute	Per Month	Per Session	Per Month	Per Session
4 sessions	\$248	\$62	\$332	\$83
8 sessions	\$480	\$60	\$648	\$81
12 sessions	\$696	\$58	\$948	\$79
90 Minute*	Per Month	Per Session	Per Month	Per Session
4 sessions	\$376	\$94	\$460	\$115
8 sessions	\$736	\$92	\$904	\$113
12 sessions	\$1,080	\$90	\$1,320	\$110

\*90-minute sessions are available for Acupuncture only.



**Financial assistance available.**  
**Virtual sessions available for many service options.**

For Acupuncture, Health Coaching, and Nutrition, first-time participants must register for a 60-minute session.

**Sessions purchased through subscriptions are valid through the end of the month in which they were purchased.** Auto-renewals for subscriptions occur on the 1st of each month. All Wellness subscriptions are priced per person and cannot be shared with another individual. Due to city tax requirements, massage services are available separately. Scan the QR code to learn more about all YMCA Wellness packages and subscriptions.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ONE-ON-ONE WELLNESS PACKAGES

Enjoy custom wellness plans built around your goals and schedule. Choose from Personal Training, Nutrition, Health Coaching, Acupuncture and more!

## ONE-TIME INTRO PACKAGES

	YMCA MEMBERS	
30 Minute	Per Package	Per Session
4 sessions	\$168	\$42
60 Minute	Per Package	Per Session
4 sessions	\$260	\$65



## REGULAR PACKAGES

	YMCA MEMBERS		NON-MEMBERS	
30 Minute	Per Package	Per Session	Per Package	Per Session
1 session	\$61	\$61	\$82	\$82
6 sessions	\$336	\$56	\$462	\$77
12 sessions	\$588	\$49	\$864	\$72
20 sessions	\$880	\$44	\$1,320	\$66
60 Minute	Per Package	Per Session	Per Package	Per Session
1 session	\$87	\$87	\$110	\$110
6 sessions	\$492	\$82	\$624	\$104
12 sessions	\$924	\$77	\$1,188	\$99
20 sessions	\$1,320	\$66	\$1,740	\$87
90 Minute*	Per Package	Per Session	Per Package	Per Session
1 session	\$110	\$110	\$135	\$135
6 sessions	\$630	\$105	\$774	\$129
12 sessions	\$1,200	\$100	\$1,476	\$123
20 sessions	\$1,900	\$95	\$2,340	\$117

\*90-minute sessions are available for Acupuncture only.

**Financial assistance available. Virtual sessions available for many service options.**

For Acupuncture, Health Coaching, and Nutrition, first-time participants must register for a 60-minute session.

**Packages must be paid in full at the time of purchase and are valid for one year from the date of purchase.** Intro Packages are available one time per member only. All Wellness packages are priced per person and cannot be shared with another individual. Due to city tax requirements, massage services are available separately. Scan the QR code to learn more about all YMCA Wellness packages and subscriptions.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SMALL GROUP WELLNESS SUBSCRIPTIONS

Get motivated through specialty wellness experiences in a small group setting.

## SINGLE SESSIONS\*

	YMCA MEMBERS	NON-MEMBERS
Duration	Per Session	Per Session
30 min class	\$15	\$20
45 min class	\$20	\$25
60 min class	\$25	\$30



## SUBSCRIPTIONS\*

	YMCA MEMBERS		NON-MEMBERS	
	Per Month	Per Session	Per Month	Per Session
<b>30 Minute</b>				
5 sessions	\$48	\$9.60	\$71	\$14.20
<b>45 Minute</b>				
5 sessions	\$63	\$12.60	\$87	\$17.40
10 sessions	\$114	\$11.40	\$157	\$15.70
<b>60 Minute</b>				
5 sessions	\$79	\$15.80	\$103	\$20.60
10 sessions	\$143	\$14.30	\$185	\$18.50
<b>Unlimited</b>				
Unlimited	\$199	Not Available	Not Available	Not Available

\*4-8 Participants

Purchase a 60-minute subscription and attend any 60-, 45-, or 30-minute class

Purchase a 45-minute subscription and attend any 45- or 30-minute class

Purchase a 30-minute subscription and attend any 30-minute class

### Financial assistance available.

Due to the additional costs of running Community Acupuncture, we charge a 60-minute rate for our 30-minute sessions.

Sessions purchased through subscriptions are valid through the end of the month in which they were purchased.

Auto-renewals for subscriptions occur on the 1st of each month. All Wellness single sessions and subscriptions are priced per person and cannot be shared with another individual. Participants are able to manage their class schedule on a 30-day rolling opportunity via our app or website.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BUDDY WELLNESS PACKAGES

Enjoy concentrated attention as you work together with a friend or partner to reach shared fitness or nutrition goals. Buddy packages are for 2-3 participants.

## ONE-TIME INTRO PACKAGES\*

	YMCA MEMBERS — PER PERSON	
30 Minute	Per Package	Per Person/Session
4 sessions	\$140	\$35
60 Minute	Per Package	Per Session
4 sessions	\$180	\$45

## REGULAR PACKAGES\*

	YMCA MEMBERS — PER PERSON		NON-MEMBERS — PER PERSON	
30 Minute	Per Package	Per Session	Per Package	Per Session
1 session	\$39	\$39	\$61	\$61
6 sessions	\$222	\$37	\$354	\$59
12 sessions	\$396	\$33	\$672	\$56
60 Minute	Per Package	Per Session	Per Package	Per Session
1 session	\$49	\$49	\$72	\$72
6 sessions	\$282	\$47	\$414	\$69
12 sessions	\$528	\$44	\$792	\$66
20 sessions	\$840	\$42	\$1,280	\$64

\*Currently only available for personal training and nutrition



**Financial assistance available.**  
**Virtual sessions available for many service options.**

**Packages must be paid in full at time of purchase and are valid for one year from the date of purchase. Intro Packages are available one time per member only.**

**Listed prices are per participant.**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MASSAGE PACKAGES

Find relief from stress and tension, ease muscle soreness, and improve range of motion by making massage a part of your wellness routine.

## ONE-TIME INTRO PACKAGES

	YMCA MEMBERS	
30 Minute	Per Package	Per Session
4 sessions	\$168	\$42
60 Minute	Per Package	Per Session
4 sessions	\$260	\$65



## REGULAR PACKAGES\*

	YMCA MEMBERS		NON-MEMBERS	
30 Minute	Per Package	Per Session	Per Package	Per Session
1 session	\$61	\$61	\$82	\$82
6 sessions	\$336	\$56	\$462	\$77
12 sessions	\$588	\$49	\$864	\$72
60 Minute	Per Package	Per Session	Per Package	Per Session
1 session	\$87	\$87	\$110	\$110
6 sessions	\$492	\$82	\$624	\$104
12 sessions	\$924	\$77	\$1,188	\$99
90 Minute	Per Package	Per Session	Per Package	Per Session
1 session	\$110	\$110	\$135	\$135
6 sessions	\$630	\$105	\$774	\$129
12 sessions	\$1,200	\$100	\$1,476	\$123

\* For massage services, sales tax is applied using a rate determined by the city in which the service is provided.

### Financial assistance available.

Packages must be paid in full at the time of purchase and are valid for one year from the date of purchase. Intro Packages are available one time per member only. All Wellness packages are priced per person and cannot be shared with another individual. If desired, gratuity may be added when purchasing or after your session.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RED LIGHT THERAPY PACKAGES

Experience the rejuvenating benefits of Red Light Therapy. This treatment uses low-level red and near-infrared light to stimulate collagen production and enhance blood flow. This treatment may improve skin quality, speed wound healing, reduce chronic pain, and improve workout recovery times.

## ONE-TIME INTRO PACKAGES

	YMCA MEMBERS — PER PERSON	
	Per Package	Per Person/Session
4 sessions	\$48	\$12

## REGULAR PACKAGES

	YMCA MEMBERS — PER PERSON		NON-MEMBERS — PER PERSON	
	Per Package	Per Session	Per Package	Per Session
1 session	\$20	\$20	\$30	\$30
6 sessions	\$108	\$18	\$168	\$28
12 sessions	\$192	\$16	\$312	\$26
20 sessions	\$280	\$14	\$480	\$24

## ADD-ON SESSIONS

Red Light Therapy single sessions are available at a discounted rate for clients with a One-on-One Wellness Package or Subscription.

	Per Person/Session
1 session	\$16



### Financial assistance available.

Packages must be paid in full at time of purchase and are valid for one year from the date of purchase. Intro Packages are available one time per member only. All Wellness packages are priced per person and cannot be shared with another individual.