



Kennebec Valley YMCA



31 Union Street, Augusta ME
04330

207-622-9622

WWW.KVYMCA.ORG

Fitness Training

KV YMCA

Fall | 2023

Fitness Programs

Included in your
membership

Equipment Orientation

A complimentary equipment orientation so that you feel confident using cardio and strength training machines safely and effectively. We also provide strength training program charts to record your weight and reps.

Program Session Design

Interested in personal training? Meet with a Personal Trainer for a complimentary program design session to discuss your health history; current training routine; and for a movement assessment. You will receive an experts recommendation to help you reach your health and wellness goals



Personal Training

30 Minute Sessions:

Single	\$25
2x a week: 8 pack	\$178
3x a week: 12 pack	\$250

60 Minute Sessions:

Single	\$50
1x a week: 4 pack	\$178
2x a week: 8 pack	\$340
3x a week: 12 pack	\$496

Semi Private Training

Groups of 2-4. Priced Per Person

30 Minute Sessions:

Single	\$18
2x a week: 8 pack	\$110
3x a week: 12 pack	\$162

60 Minute Sessions:

Single	\$36
1x a week: 4 pack	\$110
2x a week: 8 pack	\$216
3x a week: 12 pack	\$318

Youth Training

Ages 10-17. Priced Per Person

30 Minute Sessions:

Single	\$18
2x a week: 8 pack	\$125
3x a week: 12 pack	\$175

60 Minute Sessions:

Single	\$35
1x a week: 4 pack	\$125
2x a week: 8 pack	\$238
3x a week: 12 pack	\$347



Small Group Training

Groups of 5-7. Priced Per Person

30 Minute Sessions:

Single	\$15
2x a week: 8 pack	\$78
3x a week: 12 pack	\$114

60 Minute Sessions:

Single	\$20
1x a week: 4 pack	\$60
2x a week: 8 pack	\$116
3x a week: 12 pack	\$168

Health Coaching

A meeting with a Certified Health Coach or Nutrition Coach can help you establish healthy new lifestyle habits by giving you accountability and techniques to help you reach your nutrition and health goals

Initial meeting: 15 mins	Free
First meeting: 60 mins	\$45
Check ins: 30 mins	\$25
Check ins: 4 pack	\$85

Meet Our Team



Shayna



Kim



Peter

Livestrong

This 12 program uses traditional exercise methods to ease you back into fitness and help you maintain healthy weight. This program is free for cancer survivors and their caretakers.

LIVESTRONG®

FOUNDATION