

# TRAINING SERVICES

## PERSONAL TRAINING

Expert personal trainers offer individualized coaching to craft personalized workout routines designed specifically to help you achieve your fitness objectives

## GROUP FITNESS CLASSES

Participate in our lively group fitness sessions guided by seasoned instructors. Choose from a diverse range of classes including yoga, spin cycling, HIIT, Pilates, strength training, and more.

## FITNESS ORIENTATION

A complimentary equipment orientation for our members 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.

# ENHANCE YOUR FITNESS JOURNEY WITH OUR TEAM



**KIM GAGNE**  
Active Older Adult Specialist  
Master Personal Trainer  
Medical Fitness Specialist  
[Kim@kvymca.org](mailto:Kim@kvymca.org)



**BRYAN RILEY**  
Youth Specialist  
Youth Trainer  
Sports Trainer  
[Bryan@kvymca.org](mailto:Bryan@kvymca.org)

## CONTACT US NOW!



1 (207) 622-9622



[www.kvymca.org](http://www.kvymca.org)



# PERSONAL TRAINING 2026

# SERVICES

We provide diverse gym programs tailored to various fitness goals, experience levels, and preferences. Explore our program options below



Strength Training



Yoga



Lifting



Weight Loss



Dance



Body Training



Strength and Muscle



Cardio

## 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.



**TRANSFORM YOUR BODY, TRANSFORM YOUR LIFE!**

## SEMI-PRIVATE TRAINING

**30 MINUTES**

**60 MINUTES**

Grab a friend and train together!

1 SESSION: \$25  
8 SESSIONS: \$120  
12 SESSIONS: \$182

1 SESSION: \$50  
4 SESSIONS: \$130  
8 SESSIONS: \$225  
12 SESSIONS: \$325

# INDIVIDUAL TRAINING PACKAGES

Member pricing

## 30 MINUTES

→ 1 Session	\$35
→ 5 Sessions	\$125
→ 8 Sessions	\$180
→ 12 Sessions	\$260

## 60 MINUTES

→ 1 Session	\$65
→ 4 Sessions	\$180
→ 8 Sessions	\$360
→ 12 Sessions	\$500

## YOUTH 10+

30 Minutes

→ 1 Session	\$25
→ 8 Sessions	\$135
→ 12 Sessions	\$185