



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, Massage, Nutrition, Health and Wellbeing Coaching, and more!

	YMCA MEMBERS		NON-MEMBERS	
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
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
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

*Only available for Massage and Acupuncture



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. For Massage services, sales tax is applied at the service point using a rate determined by the city in which the service is provided.

Prices effective January 1, 2024. Sessions purchased through subscriptions are valid 45 days from the date of purchase. Auto-renewals for subscriptions occur on the 1st or 15th of each month. To make changes to your subscription, email customerservice@ymcanorth.org.



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ONE-ON-ONE WELLNESS PACKAGES

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

ONE-TIME INTRO PACKAGES

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



REGULAR PACKAGES

	YMCA MEMBERS		NON-MEMBERS	
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
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
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

*Only available for Massage and Acupuncture

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. For Massage services, sales tax is applied at the service point using a rate determined by the city in which the service is provided.

Prices effective January 1, 2024. 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.



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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*

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

REGULAR PACKAGES*

60 Minute	YMCA MEMBERS — PER PERSON		NON-MEMBERS — PER PERSON	
	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
30 Minute	YMCA MEMBERS — PER PERSON		NON-MEMBERS — PER PERSON	
	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

*Currently only available for personal training and nutrition



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

Prices effective January 1, 2024. 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.



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SMALL GROUP WELLNESS SUBSCRIPTIONS

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

SINGLE SESSIONS*

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



SUBSCRIPTIONS*

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

*4-8 Participants

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

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

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

Prices effective January 1, 2024. Sessions purchased through subscriptions are valid 31 days from the date of purchase. Auto-renewals for subscriptions occur on the 1st of each month. To make changes to your subscription, email customerservice@ymcanorth.org.