



FIND YOUR STRENGTH

ALTRU FAMILY YMCA

PERSONAL FITNESS TRAINING



FIND YOUR Y

ONE-ON-ONE TRAINING

You and your trainer work together to identify your goals and help you reach them.

Packages	Member / Non-member
8 - 30 MIN SESSIONS	\$200 / \$280
6 - 60 MIN SESSIONS	\$270 / \$330

Single Sessions	Member / Non-member
30 MIN SESSION	\$35 / \$45
60 MIN SESSION	\$55 / \$65

GROUP TRAINING

Enjoy the extra fun and motivation of getting healthier with a group of friends.

8 - 30 MIN SESSIONS	Member / Non-member
2 people	\$120 ea / \$150 ea
3+ people	\$100 ea / \$125 ea

6 - 60 MIN SESSIONS	Member / Non-member
2 people	\$150 ea / \$175 ea
3+ people	\$100 ea / \$140 ea

MEET YOUR TRAINERS

Contact Adam Sorum
asorum@gfymca.org • (701) 775-2586



SONIA KRAFT
Certified Personal
Trainer



ADAM SORUM
Certified Medical
Exercise Specialist



AL HAGER
Certified Personal
Trainer



**SHAWN
HOLWEGER**
Certified Personal
Trainer

Personal fitness training is for everyone. Whether you are just starting out on your fitness journey or need that extra push to enhance your current workout routine, Y personal training is here for you.

Your trainer will help you identify and meet your goals. We can help you build muscle and strength, improve your endurance, balance, agility, and functionality, and keep you engaged and motivated.