



# 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	\$220 / \$285
6 - 60 MIN SESSIONS	\$300 / \$380

Single Sessions	Member / Non-member
30 MIN SESSION	\$35 / \$45
60 MIN SESSION	\$60 / \$70

### 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	\$140 ea / \$180 ea
3+ people	\$120 ea / \$160 ea

6 - 60 MIN SESSIONS	Member / Non-member
2 people	\$240 ea / \$320 ea
3+ people	\$200 ea / \$280 ea

### MEET YOUR TRAINERS

Contact Adam Sorum  
[asorum@gfymca.org](mailto:asorum@gfymca.org) • (701) 775-2586



**SONIA KRAFT**  
Certified Personal Trainer



**ADAM SORUM**  
Certified Personal Trainer -  
- Certified Medical Exercise Specialist (ACE)



**AL HAGER**  
Certified Personal Trainer



**SHAWN HOLWEGER**  
Certified Personal Trainer -  
- Strength & Conditioning Specialist (NSCA)

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.

07/08/25