

Get In Touch

Contact Information

For more information about Personal Training or if you have any other questions, please reach out and one of our dedicated staff will be happy to help.

 **Phone Number**
530-842-9622

 **E-mail Address**
members@siskiyou-ymca.org

 **Our Location**
350 N. Foothill Drive, Yreka, CA

 **E-mail Address**
siskiyou-ymca.org



Personal Training Packages are offered to members and non-members and are available in 30-minute or 60-minute options.

Member Pricing:

- 30-Minute Sessions
 - 6-\$135
 - 12-\$270
 - 18-\$386

*More pricing available online at siskiyou-ymca.org



Siskiyou Family YMCA

Personal Training

Are you stuck in a rut? Are you looking to take your fitness to the next level? Working with a personal trainer can help you reach your health and fitness goals.



Personal Training

Health Benefits

In-person sessions are tailored to your needs so that you can reach your goals in a way that works best for you. Our trainers will provide you with the guidance and motivation you need to stay on track, get results, stay motivated, and have fun on your fitness journey.

Personal Training Benefits include:

- Improved Accountability
- Exercise Variety
- Proper Form and Execution
- Personalized & Sustainable Plan
- Movement Variety
- Safe Environment & Clean Equipment
- State of the Art Facilities
- Health Information & Tips

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Jake has been my personal trainer for a few years. He has built a better me! He knows how to encourage, motivate and engage me to keep me coming back.

~ Nancy, Personal Training Client



Siskiyou Family YMCA Personal Training Rates

Single Session	Member	Non-Member
1 hour	\$45	\$55
30 minute	\$25	\$35

30 minute	Member	Non-Member	Sessions per week
6 sessions	\$135	\$199	2 minimum
12 sessions	\$270	\$379	2 minimum
18 sessions	\$386	\$540	2 minimum
24 sessions	\$488	\$684	*3 minimum
36 sessions	\$697	\$974	*3 minimum

1 hour	Member	Non-Member	Sessions per week
6 sessions	\$256	\$313	1 minimum
12 sessions	\$486	\$596	1 minimum
18 sessions	\$688	\$849	2 minimum
24 sessions	\$891	\$1,075	2 minimum
36 sessions	\$1,215	\$1,532	*3 minimum

