NUTRITION PACKAGES

ONE-TIME INTRO PACKAGES*

	YMCA MEMBERS — PER PERSON	
30 Minute	**Per Package**	**Per Person/Session**
4 sessions	$168	$42
60 Minute	**Per Package**	**Per Session**
4 sessions	$260	$65

REGULAR PACKAGES*

	YMCA MEMBERS — PER PERSON		NON-MEMBERS — PER PERSON	
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
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

Virtual sessions are available.

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. All packages are priced per person and cannot be shared with another individual.

the YMCA

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