

THE BUDDY SYSTEM

The Buddy System is a great way for you and a friend to start or enhance your fitness journey. With the expertise and encouragement of a Personal Trainer, this program will give you the tools to continue working out independently. Best of all, you and your buddy set up appointments according to your schedule with your very own Personal Trainer! The Buddy System is for those with similar fitness abilities wanting the benefits of Personal Training at a reduced cost.

WHAT'S INCLUDED?

- One - 30 Minute Initial Consultation
- One - 1 Hour First Session
- Six - 45 Minute Sessions
- Your Shared Investment \$299



PERSONAL TRAINING

Contact Us



Phone

506 462 3000



Website

fredericton.ymca.ca



Address

570 York Street
Fredericton, NB
E3B 3R2





WE OFFER

WELLNESS CENTRE APPOINTMENT

During this complimentary, 1 hour appointment, your trainer will go over our Wellness Centre Etiquette, show you how to use equipment of interest and help you start your fitness journey.

WELLNESS CENTRE APPOINTMENT AGES 13 -15

Members can start their fitness journey in our Wellness Centre at the age of 13. Prior to using the Wellness Centre, they must first meet with a trainer to go over etiquette, equipment they are permitted to use and help give them confidence and understanding of how to effectively use our weight & cardio equipment.

PERSONAL TRAINING

Personal trainers work with you one-on-one to help design an engaging exercise regimen, help you with form, ensure you are working all your muscle groups safely, and more. The accountability of meeting your trainer for a set appointment can help you stay on track and meet your goals. Personal trainers are excellent resources for beginners who need help getting started as well as for more seasoned exercisers who want to push themselves further.

SIMPLE STEPS

- Book your 1 hour, complimentary Wellness Centre Appointment with a YMCA Personal Trainer.
- Hire a YMCA Personal Trainer! With the guidance of a trained professional, together you will build a plan that includes accountability, professional advice, and progress!

PERSONAL TRAINING INVESTMENT

30 MINUTES

1 Session \$25
5 Sessions \$100
10 Sessions \$200

60 MINUTES

1 Session \$50
5 Sessions \$200
10 Sessions \$400

ORIENTATION PACKAGE (one time use)

3 - 1 Hour Sessions \$99