

# THE BUDDY SYSTEM

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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 \$310

## Contact Us

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### Phone

506 462 3000



### Website

[fredericton.ymca.ca](http://fredericton.ymca.ca)



### Address

570 York Street  
Fredericton, NB  
E3B 3R2





## SIMPLE STEPS

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- Book your 1 hour, complimentary **Getting Started** 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!

## WE OFFER

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### GETTING STARTED 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.

### GETTING STARTED APPOINTMENT AGES 12 -15

Members can start their fitness journey in our Wellness Centre at the age of 12. 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.

## PERSONAL TRAINING INVESTMENT

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### 30 MINUTES

1 Session \$28  
5 Sessions \$115  
10 Sessions \$225  
20 Sessions \$425

### 60 MINUTES

1 Session \$55  
5 Sessions \$225  
10 Sessions \$425  
20 Sessions \$825

### GETTING STARTED PACKAGE (One time purchase)

3 - 1 Hour Sessions \$110

(Prices effective Jan 1, 2026)