



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FINE TUNE YOUR PRACTICE SMALL GROUP OR ONE-ON-ONE

YMCA Hot Yoga Personal Training

Personal Yoga Training is private, one-on-one yoga practice with a purpose. Private yoga is suitable for individuals of all levels and allows the practitioner time to focus on any specific part of their practice in a comfortable, private setting with a personal instructor. Working one on one with a private yoga instructor is like working with a personal trainer. The instructor will be able to develop a specific plan for your particular needs and capabilities, and you will have the opportunity to ask questions that may arise during practice.

PRIVATE YOGA IS GREAT FOR ANYONE LOOKING TO:

- Begin a practice without any prior experience
- Further your understanding of and alignment in the poses
- Recover from an injury, reach specific goals
- Work in a small group setting with just their friends
- Add yoga as part of therapeutic, weight loss, strength training program designed specifically for you

HOT YOGA PERSONAL OR SMALL GROUP TRAINING

Register with your friends and realize your fitness goals with personal attention at an affordable price (2 to 4 people per session, cost is split per person).

PRICING

1 Member - \$40

2 Members - \$20 Each

3 Members - \$13.33 Each

4 Members - \$10 Each



Our Mission: The YMCA of Southwestern Indiana, Inc. following the example of Jesus Christ, responds to community needs by serving all people, especially youth, through relationships and activities that promote healthy spirit, mind, and body.