

ADULT FITNESS & SPORTS

Personal Training is available via Zoom and outdoors. Indoor personal training (with social distancing) will resume when the Fitness Center reopens in September.

PERSONAL TRAINING Members only - 12 & up

We offer customized workout programs for ALL fitness levels. Purchase tickets at the Member Services Desk. Certified Personal Trainers are available to design and instruct an exercise program to suit your individual goals and needs. Additional fee required.

(Sessions are good for 6 months after purchase and are not refundable. Membership required. You must cancel 24 hours in advance or you will be charged for the session.)

One Hour sessions

(May not be split into 1/2 hour sessions)

1 session	\$ 85	5 sessions	\$410
3 sessions	\$250	10 sessions	\$798

45 Minute

1 session:	\$ 71	5 sessions:	\$339
3 sessions:	\$208	10 sessions:	\$656

Half Hour

1 session	\$ 46	5 sessions	\$217
3 sessions	\$134	10 sessions	\$423

VIRTUAL TRAINING

Monthly

\$144/month for 1x per week (\$36/ session)

\$264/ month for 2x per week (\$33/session)

\$360/month for 3x per week (\$30/session)

Hybrid Option: Virtual can be combined with Outdoor Training for any package.

Call Kelsey Mirabito at 967-6363, Fitness & Wellness Center Director to schedule a trainer.

SEMI-PRIVATE PERSONAL TRAINING

INDOORS: Members only - 12 & up

Please note: you must provide the second participant

Personal training for two participants simultaneously. Perfect for two friends with similar goals, two busy teen friends who want to earn their Teen Fitness Passport but have no after school time, or two senior exercise pals who want to learn more. Each session is one hour. **(Sessions are good for 6 months after purchase and are not refundable. Membership required. You must cancel 24 hours in advance or you will be charged for the session. Fees are per participant.)**

1 session:	\$ 52 per person
3 sessions:	\$150 per person
5 sessions:	\$245 per person
10 sessions:	\$480 per person

OUTDOOR SMALL GROUP CLASSES

Meets at Rye Y front circle. Please check in at the front desk.

OUTDOOR BASIC TRAINING

This is a moderate intensity small group training. Great for all levels of fitness. Original format will be modified to adhere to social distancing guidelines.. (Min 8 participants/max 14 participants)

Monday/Wednesday: 10:30-11:15am (Yvonne)

Member: \$110 Non-Member: \$130

[Register](#)

OUTDOOR HIGH INTENSITY INTERVAL TRAINING with J.T.

Designed for people who are looking for intensity and challenge; this class offers vigorous moves that will build both strength and endurance. Not recommended for beginners. Class will be modified from its original format to adhere to social distancing guidelines.

Saturday: 9:30-10:15am

Member: \$55; Non-Member: \$70

If interested in other times/days to form a small group, please contact [Diana Vita](#).

OUTDOOR EARLY MORNING BOOT CAMP with J.T.

Experience full body high intensity workouts that target major muscle groups. Each class brings it own unique challenge. Original format will be modified to adhere to social distancing guidelines. Bodyweight exercises along with easily portable equipment will be used.

Minimum 8 participants/Max 14 participants

Monday & Wednesday: 6:00- 6:45am

Member: \$110; Non-Member: \$130

[Register](#)

SPORTS

KARATE

USA GOJU style karate taught by a black belt instructor.

Designed to enhance self-esteem, self-confidence and self-discipline.

Tuesday: 6:15-8:15pm

Member: Free; Non-Member: \$98 [Register](#)

OUTDOOR PICKLEBALL - 18 & up

All levels welcome

@ Rye Rec - Tennis Courts near Midland School
Instructor Tatum Nussbaum will cover the basics including rules, terminology, primary skills, coordination, court time and more. Paddles and balls provided.

Monday: 11:30am - 1:30pm

Member: \$90 Non-Member: \$150 [Register](#)

INTERMEDIATE OUTDOOR PICKLEBALL - 18 & up

@ Rye Rec - Tennis Courts near Midland School
Designed for intermediate players looking for round robin play. Instructor Tatum Nussbaum will cover rules, terminology and build on your skills.

Wednesday: 11:30am - 1:30pm

Member: \$90 Non-Member: \$150 [Register](#)