



Personal Training Registration Form

Your YMCA's team of personal trainers is a group of certified and experienced professionals dedicated to helping you achieve your health and fitness goals. Your time and health are valuable, so make sure you get the most out of your membership and each workout. Whether you are an adult, teen or youth, consulting with a personal trainer will enable you to get started with a professionally designed and individualized exercise program. Personal training is a service exclusively for YMCA members.

Fit Start **Members: \$70** **Non-Members: \$140**
2 Sessions including fitness assessment, program design and personalized instruction.

Get Fit **Members: \$175** **Non-Members: \$350**
5 Sessions including fitness assessment, program design and personalized instruction.

Stay Fit **Members: \$350** **Non-Members: \$700**
10 Sessions including fitness assessment, program design and personalized instruction.

Buddy Fit **Members: \$500** **Non-Members: \$1000**
10 Sessions for you and a friend with a personal trainer including fitness assessment, program design and personalized instruction.



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What about Personal Training?

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Member Name: _____

A.M. Phone: _____ P.M. Phone: _____

Trainer Requested: _____ Weekly Availability

Package: _____ Monday From _____ To _____

Desired Sessions/Week: _____ Tuesday From _____ To _____

Paid _____ Date _____ Wednesday From _____ To _____

Staff Use Only Thursday From _____ To _____

Trainer Confirmed _____

Friday From _____ To _____

First Appointment _____

Saturday From _____ To _____

Sunday From _____ To _____

Informed Consent and Release

I do acknowledge the risk of injury that is possible during sports and fitness programs and I assume all risks and hazards to such participation including transportation to and from activities. I waive, release, absolve, indemnify and agree to hold harmless the YMCA, organizers, supervisors, officers, directors, coaches, participants and referees. I do acknowledge the risk of injury is possible.

Late Policy

Participants are responsible for arriving on time to their sessions. YMCA staff is obligated to wait 15 minutes after the session start time. After 15 minutes, the session will be forfeited and is non-refundable.

Cancellation Policy

Participants are asked to call 24 hours in advance of the scheduled session to cancel. Failure to cancel will result in session forfeited and is non-refundable.

Signature: _____ Date: _____