



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.

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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Name: _____

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

Trainer Requested: _____ Package: _____ Desired Sessions/Week: _____

Weekly Availability: Mondays: From _____ To _____ Tuesdays: From _____ To _____

Wednesdays: From _____ To _____ Thursdays: From _____ To _____

Fridays: From _____ To _____ Saturdays: From _____ To _____

Sundays: 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.

Individual and partner training packages are good for 12 months from date of purchase. Your Trainer will set up your sessions with you to best suit your schedule.

Signature: _____ Date: _____

STAFF USE ONLY

Paid _____ Date _____ Staff Initials _____

Trainer Confirmed _____ First Appointment _____