



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Reach Your Fitness Potential

Name: _____
Email Address: _____
Phone Number: _____ Preferred Method of Contact: Phone Email

Personal Training (check all that apply)

Preferred Trainer: Male Female No preference

If you have a specific trainer you would like, please indicate here. (Please refer to trainer bio if necessary.)

Please indicate the following:

Number of days interested in training: _____

Days interested in training: (for multiple training days per week check all that apply)

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Time interested in training: _____

Interested in 1/2 hour session or 1-hour session: _____

Specific Goals: Strength & Tone Weight Loss Flexibility Cardiovascular Training

Injury Rehab/ Prevention Specific: _____

Please read and initial below the Policy of Personal Training Appointments

Personal Training Fees:

Members: \$40 ~ (1) hour session or (2) thirty minute sessions *trainer discretion

Non-members: \$60 ~ (1) hour session or (2) thirty minute sessions *trainer discretion

Package Rates:

\$150 for 4 one-hour sessions \$280 for 8 one-hour sessions

Payment required prior to scheduled session. Please give a copy of your receipt to your trainer.

Late Policy: Please be on time. Arriving late to your session will result in time loss.

Cancellation/ No-Show: 24-hour notice is required to cancel or reschedule a session. A no-show will be considered a paid session.

I have read and understand the above Policy of Personal Training Appointments

Sign: _____

Fitness Assessment:

This evaluation consists of (1) thirty-minute session designed to assess current fitness levels and provide training recommendations for reaching personal goals. The evaluation includes body composition, flexibility, strength, endurance, and cardiovascular tests.

Fitness Assessment Fee: \$15 for YMCA members \$30 for non-members