



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Personal Training: Fit For You

Get the personal attention, motivation and expertise you need to achieve your health and fitness goals with YMCA Personal Training.

All Y personal trainers are nationally certified to ensure they have the knowledge and expertise to develop a wellness program to best address your specific needs and interests. Their passion and commitment to uphold the Y's mission will help you reach your fullest potential.

Sign up today and:

- ◆ Revise your program
- ◆ Take your fitness program to the next level
- ◆ Get motivated
- ◆ Continue a rehabilitation program
- ◆ Develop a sports-specific routine to enhance your sports conditioning

Fee:

Level 1: \$40/hour or \$350 for 10 hours.

Level 2: \$60/hour or \$550 for 10 hours

Trainers:

Trainers vary by locations. Call your Y to see who is available.

Procedures:

First fill out a registration form at the front desk, indicate which instructor you have chosen or you can be assigned one by the Fitness Director. Once the personal trainer contacts you, you will set up your first appointment.

Personal training is for members only.

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|---------------------------|----------|-----------------------|----------|
| A.C. Lewis YMCA | 924.3606 | Dow Westside YMCA | 687.1123 |
| Baranco Clark YMCA | 344.6775 | ExxonMobil YMCA | 906.5424 |
| C.B. Pennington, Jr. YMCA | 272.9622 | Paula G. Manship YMCA | 767.9622 |
| Charles W. Lamar YMCA | 612.9622 | Southside YMCA | 766.2991 |



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Personal Trainer Registration Form

(First time participants only)

Name _____ Age _____
Address _____ Zip _____

Home Phone Number _____
Cell Phone Number _____

Email Address _____

Sessions

One-on-one:

Level 1 _____ 1 hour (\$40) _____ 10 hours (\$350)
Level 2 _____ 1 hour (\$60) _____ 10 hours (\$550)

Groups: (2-4 members; must be paid all at once)

Level 1 _____ 1 hour (\$40) _____ 10 hours (\$350)
Level 2 _____ 1 hour (\$60) _____ 10 hours (\$550)

Trainer: _____ Check if you would like a
Preference: Male Female trainer assigned to you

Days/weeks you want to train _____ Time of day desired _____

Do you have any specific goals or needs you would like to address?

Minimum session length is 1 hour. A 24-hour notice is required for cancellation of all sessions. You will be charged for the scheduled session if you miss or fail to give the Y or your trainer a 24-hour notice. You have a minimum of 6 months within the date of registration to complete all sessions.

(Signature of Participant)

(Date)