

Do you have any health issues that could be possibly affected by exercise? Yes or No If yes, explain:

\_\_\_\_\_  
\_\_\_\_\_

**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.

**Tracking**

Members are required to scan their membership card and initial a session log book to acknowledge sessions that are utilized.

**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

\_\_\_\_\_  
Relationship if under 18

\_\_\_\_/\_\_\_\_/\_\_\_\_  
Date



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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FAMILY YMCA

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Ohio, 43160

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# Personal Training at the YMCA



## PERSONAL TRAINING AT THE YMCA – AN INVESTMENT IN YOU!

### Make your Workout Work for You !

Our team of certified personal trainers create goal-based programs that keep your workout fresh, fuel your motivation and make exercise more enjoyable and time efficient.

#### Some great reasons to hire a Y personal trainer:

- You've been exercising regularly and not seeing the results you desire.
- Your not quite sure how to take your ActivTrax workout to the next level.
- You have become bored with your workout routine and needs some new ideas.
- You would benefit from the challenge, motivation, accountability and support a personal trainer could provide.
- You are training for a specific event ( 5K race, Family-Trip etc.).
- You have had some health concerns, are dealing with a muscle imbalance or postural distortion, or are preparing for surgery or are recovering from an injury or illness.

### Personal Training Fee Structure

#### Personal Training Consultation

A one-time personal consultation is **free** to members. After the consultation, the following fees apply and are due prior to the start of a new or continuing package.

#### Hour Fee Structure

Sessions	Members	Non-members
1 session	\$30.00	\$40.00
10 sessions	\$275.00	\$370.00
20 sessions	\$500.00	\$700.00

#### 1/2 Hour Fee Structure

Sessions	Members	Non-members
1 session	\$17.00	\$30.00
10 sessions	\$150.00	\$275.00
20 sessions	\$280.00	\$500.00

#### Short-Term Training Options

**Fit-Start Program** Custom orientation program: Two - 1 hour sessions \$53.00  
12% Savings – members only

#### Fit-Start Plus Program

Custom orientation program with extra sessions: Four -1 hour sessions \$100.00  
16% Savings - members only

### Personal Training Registration Form

Member Name: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: Male or Female

Contact Phone ( ) \_\_\_\_\_ - \_\_\_\_\_

Do you have a trainer preference: Male or Female or the name of trainer you prefer: \_\_\_\_\_

Package **Circle one:** Fit-Start, Fit-Start Plus, Ten Pack, Twenty Pack

Desired Sessions/week: \_\_\_\_\_

Weekly Availability: What **days and times** are you available to train (preferably non-consecutive days i.e. M-W-F or T-TH-Sat)

#### Which of the following goals do you have?

- \_\_\_ Gain wt. / muscle
- \_\_\_ Increase energy
- \_\_\_ Reduce Stress
- \_\_\_ Improve Cardiovascular Fitness
- \_\_\_ Sports Training & Conditioning
- \_\_\_ Improve Strength
- \_\_\_ Improve Flexibility
- \_\_\_ Lose weight/ inches
- \_\_\_ Improve tone
- \_\_\_ Pre/Post Rehab
- \_\_\_ Prevent injury
- \_\_\_ Other : \_\_\_\_\_

**Continued on back side.**

