



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 \$60

2 Sessions including fitness assessment, program design and personalized instruction.

Get Fit \$125

5 Sessions including fitness assessment, program design and personalized instruction.

Stay Fit \$250

10 Sessions including fitness assessment, program design and personalized instruction.

Buddy Fit \$400

10 Sessions for you and a friend with a personal trainer including fitness assessment, program design and personalized instruction.

Group Training Classes

A great fit for first timers looking for direction and guidance or more experienced fitness buffs seeking really fun and energizing workouts. Group Training allows you to get the attention of a personal trainer in a group environment at an unbeatable price. Small groups of 4-6 participants meet with a trainer 1-2 times per week and work on common goals. Classes include:

Shape Up with Smiley	Mon and Wed	7:00PM - 8:00PM	\$60 / 8 sessions
Couchman's Fitness Camp	Tues and Thurs	9:30AM - 10:30AM	\$60 / 8 sessions
Beyond the Limit	Tues and Thurs	6:00PM – 7:00PM	\$60 / 8 sessions
No Excuses	Mon and Wed	6:00PM – 7:00PM	\$60 / 8 sessions
X-Treme Boot Camp w/Josefina	Tues and Thurs	6:00AM – 6:45AM	\$60 / 8 sessions
X-Treme Boot Camp w/Josefina	Mon and Wed	7:00PM – 7:45PM	\$60 / 8 sessions
OR X-Treme Boot Camp Unlimited Monthly (Mon, Tues, Wed, Thurs)			\$85

Session Dates (no substitutions or refunds on missed classes):

January 9 – February 5

February 6 – March 4

March 5 – April 1

April 9 – May 5

May 7 – June 2



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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
Trainer Confirmed _____

Thursday From _____ **To** _____

First Appointment _____

Friday From _____ **To** _____

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:** _____