



Personal Training Application

For the member who needs the extra support and motivation to reach their fitness goals. We are here for you!

Length of Session	One-on-One	Semi-Private Two Members	Semi-Private Three Members
1 hour	One Session: \$46	One Session: \$32 each member	One Session: \$24 each member
	Five Sessions: \$200	Five Sessions: \$140 each member	Five Sessions: \$100 each member
	Ten Sessions: \$370	Ten Sessions: \$270 each member	Ten Sessions \$190 each member
	Twenty Sessions: \$680	Twenty Sessions each member: \$520	Twenty Sessions each member: \$360
30 minutes	One Session: \$31	One Session: \$17 each member	One Session each member: \$13
	Five Sessions: \$130	Five Sessions: \$75 each member	Five Sessions each member: \$55
	Ten Sessions \$240	Ten Sessions each member: \$140	Ten Sessions each member: \$100
	Twenty Sessions: \$440	Twenty Sessions each member: \$260	Twenty Sessions each member: \$180

Name: _____ DOB: _____ Member ID: _____

Address: _____

Phone: _____ Email Address: _____

Trainers Name : _____ Partner Name (if applicable): _____

Members interested in Semi-Private Training must have at least one partner lined up. Each Partner fills out own application. Staple together.

Please note: There is a 24 hour cancellation required. If the appointment is not canceled in a timely manner the session will be forfeited. The Wellness Staff has the ability to make adjustments due to unforeseen problems.

I understand, if necessary during this agreement, a different trainer can be assigned to me. If a YMCA employee ends their employment another YMCA employee will complete my sessions and no refunds will be issued.

Sessions expire within 6 months of date of purchase and packages cannot be split between members.

Member Signature: _____

Date: _____

Staff Initials: _____

Date: _____