

# YPERSONAL TRAINING™

We Build Strong Kids, Strong Families, Strong Communities.

Updated 2/16/2009

## PERSONAL TRAINING IS IT FOR ME?

- ★ Need **MOTIVATION** to Workout?
- ★ Are you seeing **RESULTS** as quickly and efficiently as possible?
- ★ Are you **ACHIEVING** your goals?
- ★ Do you have **GOALS**?
- ★ Want to **GET STRONGER? TONE UP?**
- ★ Want to **LOSE WEIGHT?**
- ★ Want to stay **FOCUSED?**
- ★ Want to workout with **OTHERS?**
- ★ Want individual **ATTENTION** and **DIRECTION** during your workout?
- ★ Personal Training is offered for **ALL AGES** and **ALL ABILITY** levels.

## HOW TO GET STARTED...

### COMPLETE THE REQUEST FOR PERSONAL TRAINING

The Request for Personal Training is on the other side of this flyer. The Wellness Director will contact you within 24-48 hours to discuss your training plan and recommendations.

## PERSONAL & GROUP TRAINING

### WELLNESS AT THE YMCA

The YMCA movement and our commitment to health and wellness are so strong, we even created the sports of basketball and volleyball as well as YMCA methods for swim instruction that have become a national standard. Fitness is just one part of a larger whole, not a separate activity of our other programs and services. The YMCA has never focused on the body alone, because for over a century the YMCA has recognized that we achieve total health when our spirit, mind and body are balanced.

### PERSONAL TRAINING

Personal Training will provide you with individual coaching to help you set and meet your goals, plus receive personal direction from your own trainer. Personal training can make a difference in the success of your exercise program. Trainers can work with you regularly or on a consulting basis to help design a workout that is uniquely yours. Trainers encourage you to exercise and reach your goals. Flexibility makes this a convenient option to fit your schedule.

### TRAINING FOR TWO OR THREE

Like the idea of personal training but would rather have a workout partner? Bring a friend with you for the that extra accountability and share the cost at the same time! Request times and days that works for you both! Grab a friend(s) for make a new one!

### Personal Training Rates

# of 1 Hr Sessions	Individual	Duo Training (2 people)	Tri-Training (3 people)
<b>1</b>	<b>\$50</b>	<b>\$64</b> (\$32/person)	<b>\$75</b> (\$25/person)
<b>3 pack</b>	<b>\$130</b>	<b>\$150</b> (\$75/person)	<b>\$180</b> (\$60/person)
<b>6 pack</b>	<b>\$230</b>	<b>\$240</b> (\$135/person)	<b>\$330</b> (\$110/person)
<b>12 pack</b> BEST DEAL!	<b>\$420</b>	<b>\$492</b> (\$246/person)	<b>\$612</b> (\$204/person)

### REQUEST FOR PERSONAL TRAINING

Complete and Submit to Member Services Desk. You will be contacted within 24-48 hours.

NAME \_\_\_\_\_

PHONE \_\_\_\_\_

TRAINER REQUEST \_\_\_\_\_

PREFERRED TIME(S) \_\_\_\_\_

PREFERRED DAY(S) M T W Th F Sa Su

\_\_\_\_\_ NEW CLIENT \_\_\_\_\_ RETURNING CLIENT

SPECIAL REQUESTS or GOALS, ETC: \_\_\_\_\_

# PERSONAL TRAINING GUIDELINES

1. To get started with YMCA Personal Training or a Group Training Program, complete the "Request for Personal Training" at the Member Services Desk and register for the Program.
2. Our YMCA Wellness Director will contact member to discuss arrangements with trainer within 24-48 hours, usually within 24 hours.
3. Personal or Group Training must be paid for, in advance, prior to setting any appointments with Personal Trainer.
4. Payments for Group Training must be paid at the same time or by one payment method.
5. All regularly priced sessions must be used within ninety days (90) of purchase date. After 90 days, neither the trainer nor the YMCA is obligated to the client for the remaining sessions. **Note: Any exception to this may be considered upon written request and YMCA approval.**
6. Any special promotions expire in the fiscal year in which they were purchased.
7. Any cancellations (by either party, the YMCA member or personal trainer) must be made at least 24 hours in advance; however, either party may adjust this with a prior written agreement.
8. If a 24 hour notice of cancellation by the member is not given, member will be charged for that session. For group trainings, if any group member misses a session, that member will be charged regardless of cancellation notice; **if** the rest of the group continues to meet.
9. No refunds will be made unless member becomes disabled and unable to participate in personal training sessions for 30 or more consecutive days. Such disability must be documented by a physician.
10. Unused sessions may be transferred to a family member or another member upon written request and YMCA approval.
11. We will not be able to accommodate allowances for late arrivals due to scheduling of other appointments, i.e. if member has a 10:00am appointment for a one hour training session and arrives at 10:10am, the training session will still end at 11:00am.
12. Sessions will be one (1) hour in length unless otherwise specified. Thirty (30) minutes is the minimum session length.

Trainers must be employed by the YMCA; members may not provide their own trainers. Trainers are experienced and certified through the YMCA or other national organizations such as ACE, AFAA or ACSM.

I have read and agree to the above mentioned Personal Training Guidelines.

\_\_\_\_\_  
Signature of YMCA member

\_\_\_\_\_  
Date



<p><b>STAFF SECTION</b></p> <p><i>Member Services Staff Complete:</i> Staff: _____</p> <p>Receipt #: _____ Date: _____</p> <p>Amount \$: _____ # Sessions: _____</p> <p>_____ Attach copy of receipt _____ To Wellness Dir.</p>	<p><b><i>Wellness Director/Coordinator Complete:</i></b></p> <p>Contact Date: _____ Expiration Date: _____</p> <p>_____ Review Personal Training Guidelines</p> <p>_____ Trainer Scheduled _____ Added to PT Log</p> <p>_____ Date 1st Appointment Scheduled</p>
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