

Personal Training Request Form

Today's Date: ____/____/____

Name: _____ Date of Birth: _____ Age: _____

Address: _____

Day Phone: _____ Evening Phone: _____

Email: _____ Cell Ph#: _____

Emergency Contact: _____ Contact #: _____

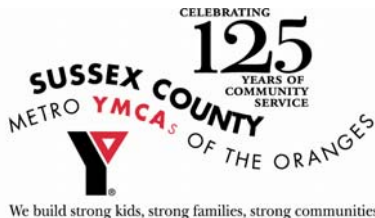
Payment procedure and agreement guidelines:

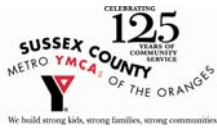
- Packages must be paid in full prior to training unless otherwise specified by Wellness Director.
- Members must notify trainer 24 hours prior to scheduled session or will be charged full cost of session. (Please contact your trainer directly. Do not leave messages with Wellness Center or Welcome Center.)
- Regardless of arrival time, sessions will end at the scheduled time.
- All sessions and packages are non refundable.
- All packages expire in 6 months from date of purchase.

I (print name) _____ have read the above and understand and accept these policies as they relate to the Sussex County YMCA.

Acknowledge and agreed (member signature) _____ Date: _____

Please complete the information and return to the Welcome Center.
You will be contacted by your trainer. All private sessions are 1 hour long.
Full membership to the Sussex County YMCA required.





Personal Training Request Form

The following information will be used to match you with a trainer:

Trainer Preference: () Male () Female () Either
 () Specific Trainer: _____

I consider my fitness level to be: () Beginner () Intermediate () Advanced

Days: () Week Days () Week Ends () Either

Time: () Early morning () Early afternoon () Late afternoon () Evening

Area of specific training (check all that apply)

- () Cardio Vascular () Endurance () Flexibility () Functional
 () Strength () Spin () Sports () Weight Loss
 () Yoga () Other _____

Physical restrictions of Medical Complications: () Yes () No

If Yes, please explain _____

Wellness Center Personal Training Rates:

Per Person

- () 1 1-Hour Session \$50
- () 2 1-Hour Sessions \$96
- () 4 1-Hour Sessions \$180
- () 6 1-Hour Sessions \$264
- () 8 1-Hour Sessions \$336
- () 10 1-Hour Sessions \$380

Partner Training

- () 1 1-Hour Session \$80
- () 2 1-Hour Sessions \$152
- () 4 1-Hour Sessions \$280
- () 6 1-Hour Sessions \$408
- () 8 1-Hour Sessions \$512
- () 10 1-Hour Sessions \$560

May Specials!

- () Buy 8 Sessions & get 1 additional session FREE for \$336
 PLUS receive a Resistance Tube with an instructional poster as your gift (supplies are limited).
- () 4 1-hour Discovery Sessions for \$160 and train with four different trainers.

Wellness Department Use:

Payment Received: \$ _____ Receipt # _____
 () Cash () Check () Am Ex () Visa () MasterCard () Discover

Card # _____ Expiration Date _____

Date Received: _____ Initial: _____

Given to Trainer: _____