



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Personal Training

## Thomas E. Hannah Family YMCA

Personal Training is designed to enhance physical fitness and meet a participant's personal wellness goals through one-on-one training. Each personal training session is an hour long. Please read the following policies fill out the bottom portion and turn into the front desk PRIOR to your first session.

- Payment for personal training package is required in-full prior to initial session with your trainer.
- No refunds will be given once payment has been made.
- Personal training sessions must be used prior to one year from the purchase date.
- To schedule your initial appointment with a trainer, stop by the front desk and leave this form for the Wellness Director.
- Before your first session, you will be asked to complete a health history questionnaire and an informed consent to exercise form. These forms are available at the front desk.
  - When you pay, request both forms, fill them out and bring with you to your first session!
- To cancel an appointment, you must contact your personal trainer at least 24 hours ahead of time in order to not be charged for the session.
  - "Make-up" sessions will be given on case-by-case basis at discretion of Wellness Director.

I have read and fully understand the personal training program policies. All questions have been answered, and I am in full cooperation with the program and its policies.

Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Phone : \_\_\_\_\_ Email: \_\_\_\_\_

Preferred Trainer: \_\_\_\_\_ (If no preference, you will be assigned a trainer)

Major Injuries / Health Issues: \_\_\_\_\_

\*Based on your commitment, how often would you like to see a trainer to help you achieve your goals?

3x/week    2x/week    1x/week    1x/two weeks    1x/month    Other: \_\_\_\_\_

\*What are the best days during the week for you to commit to your exercise program?

MON    TUES    WED    THURS    FRI    SAT    SUN

\*What are your preferred training times? \_\_\_\_\_

Paid: Y or N    Amount: \$\_\_\_\_\_ (If paid, please attach copy of receipt to this form)

Please return form to the Wellness Director and you will be contacted in 1-2 days.

**Personal Training Fees:**

Personal Training

- 1 session – Member \$40 Non-member \$47
- 5 sessions – Member \$190 Non-member \$225
- 10 sessions – Member \$370 Non-member \$440
- 20 sessions – Member \$720 Non-member \$860

Partner Personal Training

- 1 session – Member \$70 Non-member \$80
- 5 sessions – Member \$325 Non-member \$375
- 10 sessions – Member \$625 Non-member \$725
- 20 sessions – Member \$1,200 Non-member \$1,400

**Exercise Related Questions:**

- 1) How often do you take part in physical exercise? 5-7x/week 3-4x/week 1-2x/week
- 2) If your participation is lower than you would like it to be, what are the reasons?  
Lack of interest      Illness/Injury      Lack of Time      Other \_\_\_\_\_
- 3) For how long have you been consistently physically active? \_\_\_\_\_
- 4) What activities are you presently involved in?

Cardio / Sports	Frequency/Week	Average Length	Easy/Mod/Hard	Type
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Is cardio conditioning an area that you would like us to help you with? Yes / No

Strength	Frequency/Week	Average Length	Easy/Mod/Hard	Type
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Would you like some assistance with your muscle conditioning program? Yes / No

Stretching	Frequency/Week	Average Length	Easy/Mod/Hard	Type
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Would you appreciate some help with a stretching program? Yes / No

- 5) Have you ever played sports? If so please list below:  
\_\_\_\_\_