



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

PERSONAL TRAINING

Why

Get the personal attention, motivation, and expertise you need to achieve your health and fitness goals with the YMCA personal training. Our nationally certified YMCA personal trainers are here to serve you and help you reach your fitness goals. They have the knowledge and expertise to develop a safe and effective wellness program to best address your specific needs and interests, including strength, cardiovascular fitness and flexibility. They are hired for their passion and commitment to upholding the Y's mission to help you reach your fullest potential.

Registration

See Wellness Center staff for personal training options and to schedule your training. Training is provided by YMCA staff trainers only with a 24-hour cancellation policy. (Members may not bring their own personal trainers.)

ALL SESSIONS MUST BE USED OR EXPIRE ONE YEAR FROM DATE OF PURCHASE.

Member Fees

	1 Session		5 Sessions		10 Sessions	
Individual	30 Minute	\$25	30 Minutes	\$115 (\$10 Savings)	30 Minutes	\$200 (\$50 Savings)
	1 Hour	\$45	1 Hour	\$210 (\$15 Savings)	1 Hour	\$400 (\$50 Savings)
Group per participant	30 Minutes	\$20	30 Minutes	\$90 (\$10 Savings)	30 Minutes	\$160 (\$40 Savings)
	1 Hour	\$30	1 Hour	\$135 (\$15 Savings)	1 Hour	\$250 (\$50 Savings)



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OFFICE USE ONLY	
Amt Paid _____	# of Sessions _____
½ Hour _____	1 Hour _____ Individual or Group
Date ____/____/____	Staff _____

Participant Information

Name: _____ Age: _____ Date of Birth: _____

Cell Phone: _____ Preference for contact: Text Call E-mail

Email Address: _____

Trainer Preferred (If Known): _____

Time of day you prefer to workout? Circle ALL that Apply)

5am–9am 9am–12pm 12pm–5pm 5pm–9pm

Day you prefer to workout? (Circle ALL that Apply)

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

THERE IS A TWENTY-FOUR HOUR CANCELLATION POLICY. SEE YOUR TRAINER FOR MORE DETAILS.
NO REFUNDS AFTER 30 DAYS OF PURCHASE OR AFTER FIRST SESSION, WHICHEVER COMES FIRST.
UNUSED SESSIONS MAY BE RESCHEDULED WITH A DIFFERENT TRAINER AT THE MEMBER'S DISCRETION AND THE WELLNESS DIRECTOR'S APPROVAL.

WAIVER The YMCA of Memphis and the Mid-South will not assume responsibility for any injury incurred while participating in any athletic event, sports program, or any physically related activity. Nor will the YMCA of Memphis and the Mid-South be liable for lost or stolen items while program participants are using YMCA facilities or are on the YMCA premises. I, the undersigned for myself, my heirs and assigns do hereby release the YMCA of Memphis and the Mid-South, it's employees and agents from any and all claims for injury, death, loss or damage I may suffer as a result of my participation. I also assume full responsibility for removing myself from any media opportunities that I do not wish to participate in. I also agree to adhere to the YMCA Code of Conduct.

Signature: _____ Date: _____