



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PERSONAL TRAINING MADE EASY



Program Details

Personal Training Made Easy is a simple, easy way to pay monthly for personal training sessions to help keep you on track with your fitness goals.

- You select 2, 4, 6, 8, 10 or 12 monthly sessions with a certified personal trainer and pre-pay each month.
- All paperwork must be completed prior to first personal training session.

What if I have to miss a session?

- In the event that you cannot meet for a scheduled session, a 24-hour advance notice must be given to the Personal Trainer, otherwise you will forfeit the session. For a missed session in which 24 hour notice has been given, you and your trainer may reschedule the missed session during the same month.

Can I hold or cancel my participation in the program?

- You may put your Personal Training Automatic Draft on hold for up to 3 months. The automatic draft will begin on the second day of the month following the hold. All hold requests must be received in writing 7 days before the monthly draft to guarantee processing for the next billing cycle.
- You may terminate your Personal Training Automatic Draft by giving the Y a 7-day written notice of cancellation.

What are the benefits to this program?

- You will receive one on one consultation reviewing your personal goals, assessments including weight, blood pressure, BMI, endurance testing, and max strength.

circle all that apply

TRAINER PREFERENCE Male Female Specific Trainer: _____

I CONSIDER MY FITNESS LEVEL TO BE Beginner Intermediate Advanced

AVAILABILITY Mon Tues Wed Thurs Fri Sat Sun

TIME Early Morning Mid-Day Late Afternoon Evening

AREA OF SPECIFIC TRAINING

Cardio Endurance Flexibility Functional Strength Spin Sports Weight Loss Yoga Other _____

PHYSICAL RESTRICTIONS Yes No

If yes, please explain _____

How did you hear about Personal training? _____

Individual or Group Training Requests



The following information will be used to match you with a trainer
(Please circle all answers that apply)

Name: _____ Date of Birth: _____ Age: _____

Address: _____

Contact number: _____ Email: _____

Emergency Contact: _____ Contact Phone _____

Payment procedure and agreement guidelines for Personal Training Made Easy and package purchases

- I understand that I must have preferred billing method on file* before the start of the program if I chose **personal training made easy**.
- Packages purchases 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 package purchases are non-refundable. All package purchases 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: _____

MONTHLY DRAFT PERSONAL TRAINING MADE EASY		DIRECT PURCHASE INDIVIDUAL		DIRECT PURCHASE SMALL GROUP TRAINING	
2 Sessions	\$119	2 Sessions	\$120	2 Sessions	\$173
4 Sessions	\$229	4 Sessions	\$231	4 Sessions	\$334
6 Sessions	\$318	6 Sessions	\$321	6 Sessions	\$472
8 Sessions	\$408	8 Sessions	\$412	8 Sessions	\$605
10 Sessions	\$478	10 Sessions	\$483	10 Sessions	\$708
12 Sessions	\$561	12 Sessions	\$567	12 Sessions	\$804
		20 Sessions	\$924	20 Sessions	\$1300

Wellness Department Use:

Sessions purchased: _____ Payment Received: \$ _____ Receipt # _____

(Circle one) Draft Cash Check AMEX Visa MasterCard Discover