



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PERSONAL TRAINING

Program Details



Personal training sessions will help keep you on track with your fitness goals.

- You select 1,2 or 3 sessions per week with a certified personal trainer and auto draft each month.
- All paperwork must be completed prior to first personal training session.

What are the benefits to this program?

- You will receive one on one consultation reviewing your personal goals and creating a personalized training plan. Your consultation may include assessments, weight, blood pressure, BMI, endurance testing, and max strength.

What if I have to miss a session?

- In the event that you cannot meet for a scheduled session, a 12-hour advance notice must be given to the Personal Trainer, otherwise you will forfeit the session. For a missed session in which 12 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 Draft on hold for up to 3 months. The draft will begin on the day of the month you register. All hold requests must be received 7 days before the monthly draft to guarantee processing for the next billing cycle.
- You may terminate your Personal Training Draft by giving the Y a 7-day written notice of cancellation.

Circle all that apply:

TRAINER PREFERENCE Gender _____ 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? _____

Personal 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. All drafts are reoccurring and will draft on the date you register.
- All sessions are non-refundable, cancellations must be made 7 days in advance prior to draft date.
- Members must notify trainer 12 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.

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		MONTHLY DRAFT	
60 minute sessions		30 Minute sessions	
1 time per week	\$220	1 time per week	\$110
2 times per week	\$400	2 times per week	\$200
3 times per week	\$558	3 times per week	\$276

Wellness Department Use:

(Circle one) Sessions per week: 1 2 3 Minutes per session : 60 minute 30 minute

Receipt # _____ Draft date _____ Draft reoccurrence _____ monthly

(Draft payment) AMEX Visa MasterCard Discover Cash Check