

# PERSONAL TRAINING



## PERSONAL TRAINING REGISTRATON FORM

Member Number: \_\_\_\_\_

New Client     Existing Client

Trainer: \_\_\_\_\_

Participant(s) Name \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

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

Training days per week (circle one):    1    2    3    4    5

Preferred Days and Times: \_\_\_\_\_

\_\_\_\_\_

Preferred Trainer (if any): \_\_\_\_\_

Special Accommodations needed/training goals: \_\_\_\_\_

\_\_\_\_\_

### INDIVIDUAL

**30** MINUTE SESSIONS

Total Sessions	Per Session	Total Cost
<input type="checkbox"/> 10 Sessions	\$27	\$273
<input type="checkbox"/> 5 Sessions	\$31	\$153

### INDIVIDUAL

**60** MINUTE SESSIONS

Total Sessions	Per Session	Total Cost
<input type="checkbox"/> 10 Sessions	\$41	\$406
<input type="checkbox"/> 5 Sessions	\$43	\$216
<input type="checkbox"/> 3 Sessions	\$33	\$99

### PAIRS

**60** MINUTE SESSIONS

Total Sessions	Per Session	Total Cost
<input type="checkbox"/> 10 Sessions	\$60	\$600
<input type="checkbox"/> 5 Sessions	\$62	\$310

### POLICIES AND GUIDELINES

- All packages must be completed no later than 3 months after the purchase date to avoid forfeiture of remaining sessions.
  - Expiration Date: \_\_\_\_\_
- Please be ready to begin your sessions at your scheduled time. Being late for a session may result in a shortened session for the full charge.
- As a professional courtesy, please give 24 hours notice to the instructor if you must cancel or reschedule, otherwise you will be charged for the session.
- All sessions must be completed at the same YMCA family center location where the sessions were purchased.

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_

STAFF USE ONLY    Amount Paid: \_\_\_\_\_    Staff Name: \_\_\_\_\_    Date Paid: \_\_\_\_\_

Date Contacted: \_\_\_\_\_    First Session: \_\_\_\_\_    Notes: \_\_\_\_\_

\_\_\_\_\_