



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Alamance County Community YMCA Personal Training Registration Form

Name _____

Date _____

Cell Phone (____)-____-____ (Call __/Text __)

E-Mail _____

Preferred mode of contact _____

Preferred Trainer _____

Preferred days/times for sessions _____

Training Packages

Individual

Group/Partner

60 MINUTE SESSIONS

◇ 4 Sessions	\$180
◇ 8 Sessions	\$312
◇ 12 Sessions	\$444
◇ 16 Sessions	\$560
◇ 20 Sessions	\$660

60 MINUTE SESSIONS

◇ 4 Sessions	\$120
◇ 8 Sessions	\$200
◇ 12 Sessions	\$275

30 MINUTE SESSIONS

◇ 4 sessions	\$110
◇ 8 sessions	\$200
◇ 12 Sessions	\$280
◇ 16 Sessions	\$360
◇ 20 Sessions	\$430

30 MINUTE SESSIONS

◇ 4 Sessions	\$80
◇ 8 Sessions	\$140
◇ 12 Sessions	\$195



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NO SHOW & EXPIRATION POLICY

I accept that it is my responsibility to be present for scheduled training sessions. Should I need to change an appointment, I will give at least 24 hours' notice or agree to forfeit that session.

I also understand that each Personal Training Package must be completed within two months (four sessions), four months (8 sessions) or 6 months (12 sessions), 8 months (16 sessions), one year (20 sessions). All packages must be paid in full at the time of set up.

Signature: _____ Date: _____

Fitness Goals

Current Fitness Level

- | | |
|--|---|
| ◇ Lose Weight (lbs) Weight/Muscle Gain (lbs) | ◇ Beginner - Inconsistent exerciser (1-2 days/wk) |
| ◇ Run (5k/10k/Half/Marathon) Triathlon/Swimming/
Cycling | ◇ Regular - Consistent exerciser (3-4 days/wk) |
| ◇ Relieve stiffness/pain | ◇ Experienced - Fitness enthusiast (Competes in
events, 5+ works out days/wk, uses multiple train-
ing methods) |
| ◇ Increase general fitness | |

Fitness Activities/Interests

Cardio:

- ◇ Treadmill
- ◇ Cross Training/Low Impact
- ◇ Cycle: (indoors/Outdoors
- ◇ Swimming
- ◇ Other:

Weight Training:

- ◇ Free Weights
- ◇ Strength Machines
- ◇ Bodybuilding/Toning
- ◇ Power Lifting
- ◇ Sports Performance