



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FIT FOR YOU

## YMCA Personal Training: Benefit For You

Get the personal attention, motivation and expertise you need to achieve your health and fitness goals with YMCA Personal Training.

All Y personal trainers are nationally certified to ensure they have the knowledge and expertise to develop a wellness program to best address your specific needs and interests. Their passion and commitment to uphold the Y's mission will help you reach your fullest potential.

Sign up today and:

- Continue a rehabilitation program
- Revise your program
- Develop a sports-specific routine to enhance your sports conditioning
- Get motivated
- Take your fitness program to the next level

### Fee:

Level 1: \$48/hour or \$450 for 10 hours.  
Level 2: \$60/hour or \$550 for 10 hours

### Trainers:

Trainers vary by locations. Call your Y to see who is available.

### Procedures:

First fill out a registration form at the front desk, indicate which instructor you have chosen or you can be assigned one by the Fitness Director. Once the personal trainer contacts you, you will set up your first appointment.

Personal training is for members only.

A.C. Lewis YMCA	(225) 924-3606	Americana YMCA	(225) 654-9622
Dow Westside YMCA	(225) 687-1123	C.B. Pennington, Jr. YMCA	(225) 272-9622
Baranco Clark YMCA	(225) 344-6775	Paula G. Manship YMCA	(225) 767-9622
ExxonMobil YMCA	(225) 906-5424	Charles W. Lamar Jr. YMCA	(225) 612-9622
Southside YMCA	(225) 766-2991		



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Personal Trainer Registration Form  
(First time participants only)

Name \_\_\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_ Zip \_\_\_\_\_  
Home Phone Number \_\_\_\_\_ Cell Phone Number \_\_\_\_\_  
Email Address \_\_\_\_\_

**One-on-one:**

Level 1 -	1 hour (\$48)	10 hours (\$450)	\$225 for 10/30min. sessions
Level 2-	1 hour (\$60)	10 hours (\$550)	\$285 for 10/30min. sessions

**Groups: (2-4 members; must be paid all at once)**

Level 1-	1 hour (\$50)	10 hours (\$450)
Level 2-	1 hour (\$75)	10 hours (\$700)

Trainer: \_\_\_\_\_ Preference: Male Female

\_\_\_\_\_ Check if you would like a trainer assigned to you

Days/weeks you want to train \_\_\_\_\_ Time of day desired \_\_\_\_\_

Do you have any specific goals or needs you would like to address?

\_\_\_\_\_

Minimum session length is 30 minutes. A 24-hour notice is required for cancellation of all sessions. You will be charged for the scheduled session if you miss or fail to give the Y or your trainer a 24-hour notice. You have a minimum of 6 months within the date of registration to complete all sessions.

The YMCA of the Capital Area does not provide accident or medical insurance for members. I recognize that participation in YMCA sponsored activities may expose myself to risk of injury. I agree to hold the YMCA harmless from any claims, which may occur through participation in any activity at the YMCA or in its programs. In cases of emergency or accident and I am unable to be contacted, I hereby grant the YMCA director or his/her agent to secure proper medical treatment and transportation for myself to an appropriate facility for treatment. As a YMCA participant, I authorize the Y to use any images taken of myself for promotional purposes of the Y. I have read and understand the above information.

\_\_\_\_\_

(Signature of Participant)

\_\_\_\_\_

(Date)