

PERSONAL TRAINING REGISTRATION FORM

NAME: _____

GENDER:

MALE

FEMALE

ADDRESS: _____

CITY: _____

STATE: _____ ZIP: _____

BEST CONTACT NUMBER: _____

EMAIL: _____

I understand that I will/may be participating in physical activities and that the potential for accidents does exist. In consideration for being allowed to participate in the YMCA's program, I agree to assume the risk of such exercise and further agree to defend and hold harmless the Henry County YMCA, its staff and/or volunteers conducting this YMCA program from any and all claims, suits, losses, or related causes of action for damages, including (but not limited to) such claims that may result from injury or death (accidental or otherwise) during, or arising in any way from the program. I also understand that the Henry County YMCA may use, for publicity and/or promotional purposes, my name or pictures participating in this program, without obligation or liability to me or my family.

Signature: _____

Date: _____



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MOTIVATION SUPPORT SUCCESS

PERSONAL TRAINING HENRY COUNTY YMCA



HENRY COUNTY YMCA
300 WITTENBRAKER AVENUE
NEW CASTLE, INDIANA 47362
P: 765.529.3804

HENRYCOUNTYYMCA.ORG

11/207 01/12

YMCA PERSONAL TRAINING

Get in shape with one-on-one training from our certified personal trainers. All sessions are catered to your individual needs to help you achieve maximum results and to help you achieve your fitness goals. Your personal training package also includes a screening from our Functional Movement Specialist. Get motivated, get support and succeed!

ONE-ON-ONE PERSONAL TRAINING FEES:

- 12 Sessions - \$300 Members/
\$325 Program Participants
(Expires in 3 months)
- 6 Sessions - \$175 Members/
\$195 Program Participants
(Expires in 2 months)
- 3 Sessions - \$90 Members/
\$105 Program Participants
(Expires in 1 month)



GROUP TRAINING

SESSION FEES:

- 12 Sessions - \$200 Members/
\$240 Program Participants
(Expires in 3 months)
- 6 Sessions - \$120 Members/
\$150 Program Participants
(Expires in 2 months)
- 3 Sessions - \$75 Members/
\$90 Program Participants
(Expires in 1 month)

DEDICATION

PROGRESSION

ACCOUNTABILITY

RESULTS

PERSONAL TRAINING

SESSION I WOULD LIKE TO SIGN UP FOR:

- 12 SESSIONS
- 6 SESSIONS
- 3 SESSIONS

**SMALL GROUP TRAINING
SESSION I WOULD LIKE TO SIGN UP FOR:**

- 12 SESSIONS
- 6 SESSIONS
- 3 SESSIONS