



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ELEVATE YOUR WELLNESS JOURNEY

## PERSONAL TRAINING RATES

### Are you just beginning?

Your nationally certified trainer will start you on a level you can handle, but push you, too!

### Have you hit a plateau?

Your trainer will be able to help you continue to see the results you crave.

### The best part?

### EVERYONE IS DIFFERENT!

Your program and trainer will be tailored to you and altered as you grow.

### Take the guess work out of your workout

At the Y, Personal Training is about more than achieving your goals. YMCA Personal Training takes the guess work out of your workout, because when you succeed, we succeed.

Our nationally-certified personal trainers have the expertise and experience to help you achieve your health and fitness goals and they carry one (or sometimes more) certifications from nationally recognized organizations such as ACSM, NSCA, NASM or ACE. They have the heart to motivate, support and celebrate with you every step of the way.



  
**PERSONAL TRAINING**  
**AT THE Y**



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# ELEVATE YOUR WELLNESS JOURNEY

## PERSONAL TRAINING RATES

### Members

Single 1 Hour Session	\$ 40.00
Single 1/2 Hour Session	\$ 30.00
11- 1 Hour Sessions	\$400.00
20- 1/2 Hour Sessions	\$400.00
10- 1/2 Hour Sessions	\$200.00

### Non-Members

Single 1 Hour Session	\$ 55.00
Single 1/2 Hour Session	\$ 40.00
11- 1 Hour Sessions	\$500.00
20- 1/2 Hour Sessions	\$500.00
10- 1/2 Hour Sessions	\$300.00

---

### Personal Training Registration Form

Name \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Cell Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

#### PLEASE CIRCLE:

### Members

Single 1 Hour Session	\$ 40.00
Single 1/2 Hour Session	\$ 30.00
11- 1 Hour Sessions	\$400.00
20- 1/2 Hour Sessions	\$400.00
10- 1/2 Hour Sessions	\$200.00

### Non-Members

Single 1 Hour Session	\$ 55.00
Single 1/2 Hour Session	\$ 40.00
11- 1 Hour Sessions	\$500.00
20- 1/2 Hour Sessions	\$500.00
10- 1/2 Hour Sessions	\$300.00

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 Hopkins County Family YMCA 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.

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_