

# YPERSONAL TRAINING™

We build strong kids, strong families, strong communities.

## Request Form

(Please complete and turn in to the front desk. The client will be contacted by the trainer.)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Other Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Trainer Preference, if any: Male \_\_\_\_\_ Female \_\_\_\_\_ Specific Trainer \_\_\_\_\_

Specific Day/Time available to train: \_\_\_\_\_

Would you consider yourself a: Beginner \_\_\_\_\_ Intermediate \_\_\_\_\_ Advanced \_\_\_\_\_

Physical Restrictions or Medical Complications: \_\_\_\_\_

Goals and objectives: \_\_\_\_\_

Interests: \_\_\_\_\_

Exercise history (past 6 months): \_\_\_\_\_

### Payment Procedure and Agreement Guidelines

- Packages must be paid in full prior to training.
- Member agrees to obtain a copy of their receipt and give it to their trainer before each package begins.
- It is required that members notify the trainer 24 hours in advance to reschedule a session or the member will be charged for the full cost of the session.
- If the Personal Trainer cancels a session less than 24 hours in advance, the member will receive a free session, in addition to the rescheduled session.
- Regardless of arrival time, sessions will end at the scheduled time.
- All packages are non-refundable and non-transferable.
- All personal training packages will expire 2 months from the first day of the training session.

I, \_\_\_\_\_ have read the above and understand and accept these policies, as they relate to the C.W. Avery Family YMCA and personal training sessions concerning procedures and payment.

Acknowledged and agreed: \_\_\_\_\_ Date: \_\_\_\_\_

*(Client Signature)*