



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## PERSONAL TRAINING REQUEST FORM

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

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):

\_\_\_\_\_

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### Payment Procedure and Agreement Guidelines

- Packages must be paid in full or scheduled to draft (12 or 24 package only) 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 12 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)

**C.W. AVERY FAMILY YMCA**

A branch of the Greater Joliet Area YMCA

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