

# PERSONAL TRAINING



Sign up for a personal training package, for real results and great savings!

## PERSONAL PACKAGES:

### INTRO TO PERSONAL TRAINING (COST: \$30, MEMBERS ONLY)

This 30 minute session with a certified Personal Trainer includes instruction and demonstration on our cardio and Nautilus circuit machines and body fat analysis.

### 4 SESSIONS (COST: \$79, MEMBERS ONLY)

Four (4) 30-minute personal training sessions

### 6 SESSIONS (COST: \$105, Y MEMBERS - \$115, COMMUNITY MEMBERS)

Six (6) 30-minute personal training sessions

### 8 SESSIONS (COST: \$129, Y MEMBERS - \$139, COMMUNITY MEMBERS)

Eight (8) 30-minute personal training sessions

### 12 SESSIONS (COST: \$179, Y MEMBERS - \$189, COMMUNITY MEMBERS)

Twelve (12) 30-minute personal training sessions

## GROUP PACKAGES:

### TAG TEAM 8 SESSIONS (COST/person: \$109, Y MEMBERS - \$119, COMMUNITY MEMBERS)

Eight (8) 30-minute personal training sessions for two (2) or more people

### TAG TEAM 12 SESSIONS (COST/person: \$129, Y MEMBERS - \$140, COMMUNITY MEMBERS)

Twelve (12) 30-minute personal training sessions for two (2) or more people

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**QUESTIONS??**  
**SEE MEMBER SERVICES**

# PERSONAL TRAINING CONTACT REQUEST

Today's Date: \_\_\_/\_\_\_/\_\_\_

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

Phone #: \_\_\_\_\_

Email: \_\_\_\_\_

**\*\*Please allow at least 48 business hours to be contacted\*\***

Do you currently have an exercise routine? \_\_\_\_\_

If you answered YES to the question above, what is your routine? \_\_\_\_\_

What would you like to do for exercise? \_\_\_\_\_

Have you ever tried Group Exercise Classes? \_\_\_\_\_

Do you have any medical condition we should be aware of? \_\_\_\_\_

Do you need help with your nutrition? \_\_\_\_\_

Have you ever worked with a personal trainer before? \_\_\_\_\_

What days and times would be best for you to schedule your training sessions? (Please note that the exact times and days may not be available)

Do you have any preference of male or female trainer? \_\_\_\_\_

Any additional information you would like to share? \_\_\_\_\_

Office Use	Action Taken/Notes
(Place in Personal Trainer's mailbox)	
Contacted By: _____	_____
Personal Trainer: _____	_____
Date: ___/___/___	_____