

# Gain Confidence

## Get Results

# New Rochelle YMCA

# Personal Training

**Experience the benefits of working 1 on 1 or group training with a trainer.**

- **Personalized workouts**
- **Motivating relationships**
- **Personal accountability**
- **Track and respond to your progress**

### Three Easy Steps:

**1.**

Fill out the request

**2.**

Select and purchase your package(s)

3

Reach your goals!!



## Personal Training Rates

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

1 on 1 30-min Member Pricing			1 on 1 60-min Member Pricing		
# Sessions	Price Per Session	Total Price	# Sessions	Price Per Session	Total Price
1	\$40.00	\$40.00	1	\$75.00	\$75.00
5	\$37.00	\$185.00	5	\$70.00	\$350.00
10	\$35.00	\$350.00	10	\$65.00	\$650.00
Group Session Pricing 1-hour					
# Sessions	Price Per Session	Total Price			
1	\$90.00	\$90.00			
5	\$85.00	\$425.00			
10	\$80.00	\$800.00			



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

## Private Training Request Form

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

Name of 1st client: \_\_\_\_\_ 2nd client: \_\_\_\_\_ 3rd client: \_\_\_\_\_

Name of Parent/Guardian (if under 18): \_\_\_\_\_

Cell Phone: \_\_\_\_\_

**Circle one:**

Member

**Circle One:**

1 on 1

**Circle one:**

1 Sessions

Non-Member

Group  
Training

5 Sessions

10 Sessions

### Preferred Day(s):

Mon    Tues    Wed    Thurs    Fri    Sat    Sun

Preferred Times:

Morning      Afternoon      Evening

### Preferred Instructor:(Circle one)

Female

Male

No Preference

Brief outline of your exercise experience and any conditions or surgeries that trainer should know: \_\_\_\_\_

### Cancellation/Class Change Policy:

Personal Training sessions MUST be paid in full before training. Non-Member session(s) MUST be paid in full prior to training. Training session (s) MUST be redeemed within 60 days from the purchase date. Training sessions not rescheduled or canceled with a 24 hour notice, will be documented as completed sessions. Once a package is purchased by a client, the sessions are non-transferable. Late Policy: scheduled sessions must be redeemed within the mutually agreed time of training. For instance, if a 60 min session is scheduled from 4:00pm to 5:00pm and the member arrives 15 minutes late to the session, the session will still have to end at 5:00pm. This policy serves as courtesy to respect other members with scheduled training sessions. Cancellations: A 24 hour notice MUST be submitted to the trainer. Participants may cancel remaining Non-Member sessions at any time without a refund. No refunds will be made unless the member becomes disabled and unable to participate in sessions for 30 consecutive days or more. Participants' inability to continue MUST be documented by a physician. Documentation MUST be submitted within 30 days from the training session expiration date, along with a written cancellation/refund request to the Healthy Living Manager for final approval. The refund amount will be determined based on the cancellation request date. A \$25 processing fee will apply.

### Participant Initial: \_\_\_\_\_

Release, Waiver, Hold Harmless, and Indemnification Agreement

I understand that the YMCA activities have inherent risk, and I hereby assume all risks and hazards incident to my participation in all YMCA activities. I further, on behalf of myself waive, release, absolve, indemnify and agree to hold harmless the YMCA, the organizers, volunteers, supervisors, officers, directors, participants, trainers, coaches, referees from any claims or injury caused by the YMCA's NEGLIGENCE or otherwise sustained during my use of the YMCA and the YMCA property. **Participant Initial:** \_\_\_\_\_