

1. Fitness Goals:

(circle all that apply):

- Weight/Fat loss Improved strength
- Improve balance Increase flexibility
- Decrease cholesterol Increase stamina
- Increase energy Improve muscle tone
- Decrease blood pressure
- Sports conditioning Other: _____

2. Health Conditions?

(Circle all that apply)

- Heart disease respiratory problems
- muscular or skeletal pain
- diabetes Arthritis Other: _____

3. Do you currently participate in regular physical activity?

Y N

If so, please describe: _____

4. Trainer Preference:

Male/Female/no preference

5. Availability:

M T W TH F Sat Sun
Mornings/ afternoons/evenings

6. What do you expect from a trainer?

7. Have you ever had a trainer in the past?

Y N

If so what did you like/dislike about the trainer: .

8. Do you currently have a stressful job?

Y N

If so please describe: _____

9. On a scale of how active you are?

1 being very sedentary to 10 very active.

1 2 3 4 5 6 7 8 9 10

10. What type of training would you prefer?

- Functional/Core Pre/Rehabilitative Training
- Interval Training Endurance Training:
- Other: _____



*We build strong kids,
strong families,
strong communities.*

*For additional information
or questions regarding
personal training programs or
fitness testing, please contact*

*Meri Fetkovich at
561-536-1386*

or

*Tim Cleavenger at
561-536-1400*

**DeVos-Blum Family
YMCA**

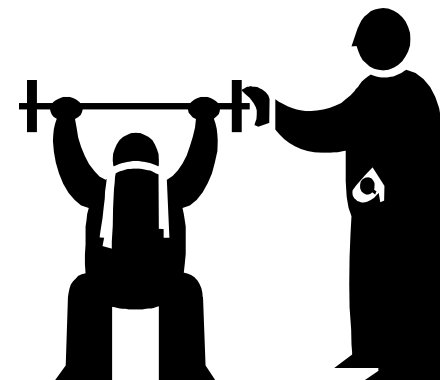
9600 S. Military Trail
Boynton Beach, FL 33436
Phone: 561.738-9622
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www.ymcaspbc.org



**Health and
Wellness**

**Personal
Training
2008
Interest Form**



Mission Statement: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

Registration Form

Participant Name: _____

DOB: _____

Address: _____

Zip Code: _____

Phone: _____

() _____

Alt. Phone: _____

() _____

Liability Waiver

I understand that the YMCA of South Palm Beach County, Inc. assumes no responsibility for injuries or illness which I may sustain as a result of my physical condition, or from my participation in any athletic activity, sports program, use of equipment, exercise or other activities. I expressly acknowledge, on behalf of myself and my heirs, that I will assume the risk for any and all injuries and illness that may result from participation in these activities. I hereby release the YMCA of South Palm Beach County, Inc., its agents, servants, and employees from any and all claims of injury, illness, death, loss or damage which I may suffer as a result of my participation in these activities. I understand that the YMCA of South Palm Beach County, Inc. is not responsible for personal property, lost or stolen, while members and/or program participants are on the premises.

Signature Participant _____

Date _____

Print Name of Participant _____

Guardian signature required for children under 18 years of age

Training Rates

60-Minute Sessions

Members & Non-Members

1 session.....	\$55/\$70
3 sessions.....	\$150/\$195
6 sessions.....	\$280/\$360
10 sessions.....	\$450/\$550
20 sessions.....	\$850 /950
40 sessions.....	\$1600/\$1800

****Introductory rate for New Members ONLY: 3-60 minute sessions for \$115**

60-Minute Partner Sessions

Two or Three person training
Members and Program Participants

1 session.....	\$85/\$95
3 sessions.....	\$225/\$255
6 sessions.....	\$420/\$480
10 sessions.....	\$650/\$750

All Partner Sessions

1 hour

Partner Sessions

2 to 3 people train together and share the hour

Introducing...

30-Minute Sessions

Members & Non-Members

1 session.....	\$30/\$45
3 sessions.....	\$85/\$130
6 sessions.....	\$160/\$250
12 sessions.....	\$280/\$460
20 sessions.....	\$425/\$700

Body Composition Analysis

Members.....	\$10
Program Participants.....	\$20

Personal Training Policies

- A four hour cancellation is required from each client. A session that is not canceled within four hours will count as a used session.
- Personal Training payment is due in advance and is non-transferable or refundable.
- All clients agree to abide by the fitness floor etiquette and YMCA policies.
- All clients agree to use all pre-paid sessions within one calendar year. Sessions will not be valid after such time.