

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 of Participant

Date

Guardian signature required for children under 18 years of age

Registration/Refund Policy

- A four (4) hour cancellation is required from each client. Appointments not canceled within 4 hours will count as a used session.
- 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 sessions must be used within one (1) year of purchase.

**DeVos-Blum Family YMCA
of Boynton Beach
9600 Military Trail
Boynton Beach, FL 33436
561-738-9622**

Mission Statement:

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

Our Commitment:

We believe that YMCA programs should be available to everyone who wants to participate.

Through the generosity of YMCA friends, we provide scholarships for those who need financial assistance.



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

Private Pilates
**Personal Training
2008**



**New For 2008
1/2 hour Pilates
Personal Training
Sessions!**

Registration Form

Participant Name:

DOB:

Address:

Zip Code:

Phone:

() _____

Alt. Phone:

() _____

Par – Q – Answer Yes or No

____ 1. Has a doctor ever said that you have a heart condition and recommended only medically supervised activity?

____ 2. Do you have chest pain brought on by physical activity?

____ 3. Have you developed chest pain in the past month?

____ 4. Have you on one or more occasions lost consciousness or fallen over as a result of dizziness?

____ 5. Do you have a bone or joint problem that could be aggravated by the proposed physical activity?

____ 6. Has a doctor ever recommended medication for your blood pressure or a heart condition?

____ 7. Are you aware, through your own experience or a doctor's advice, of any other physical reason that would prohibit you from exercising without medical supervision?

3 - 30 Minute Session Package for \$99 Available One Time, for members only.

30-Minute Training Sessions

Member/Non-Member Rates

Intro Package(members Only)..\$99

1 Session.....\$45/\$55

3 Sessions.....\$125/\$140

6 Sessions.....\$240/\$260

10 Sessions.....\$390/\$425

20 Sessions.....\$760/\$830

40 Sessions.....\$1480/\$1640

1. Fitness Goals: (circle all that apply):

Weight/Fat loss, Improved strength /Tone,
Improve balance, Increase flexibility
Increase stamina, Increase energy, Decrease blood pressure 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. Availability: M T W TH F Sat Mornings/afternoons/evenings/open

3 - 60 Minute Session Package for \$165 Available One Time, for members only.

60-Minute Training Sessions

Member/Non-Member Rates

Intro Package (Members Only)..\$165

1 Session.....\$75/\$85

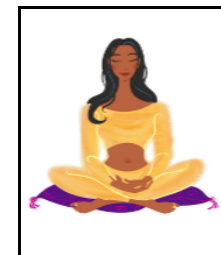
3 Sessions.....\$210/\$225

6 Sessions.....\$390/\$430

10 Sessions.....\$650/\$690

20 Sessions.....\$1250/\$1330

40 Sessions.....\$2400/\$2560



**Please return completed form to the Member Services Desk.
A YMCA Pilates Personal Trainer will contact you within 48 hours.**