



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

## Personal Training Request Form

Our mission at the New Rochelle YMCA is to help you achieve your fitness goals and optimum health by creating an effective, motivating, and personalized program so you can make a positive change that will turn into a long and healthy lifestyle.

Date of Request: \_\_\_\_\_

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Sex: M \_\_\_ F \_\_\_

Phone: Home ( ) \_\_\_\_\_ Cell ( ) \_\_\_\_\_ Work ( ) \_\_\_\_\_

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

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

### Wellness Goals & Objectives:

Weight Loss     Flexibility     Reduce Body Fat     Physical Strength     Sports Specific Training

### Do you...

Have a heart condition? Y/N

Feel pain in the chest during activity? Y/N

Have dizziness or lose your balance? Y/N

Have a bone or joint problem? Y/N

Feel pain in chest during activity? Y/N

Take a prescription medication? Y/N

If you answered **YES** to any these questions, please explain:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Preferred training day/time: \_\_\_\_\_

Specific trainer requested: \_\_\_\_\_

### Membership required.

**Pricing:** Please circle one

1-on-1(1 hour sessions):

Partner training (2-on-1 for 1 hour):

1-on-1 (30min session):

1 session= \$60

1 session= \$40

1 session= \$30

4 sessions= \$200

4 sessions= \$145

4 sessions= \$110

8 sessions= \$400

8 sessions= \$290

8 sessions= \$220

\*price is per person