



# 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:

- |  |   |  |
|--|---|--|
| <p><b>1.</b></p> <p>Fill out the request form and get matched.</p> | <p><b>2.</b></p> <p>Select and purchase your package(s)</p> | <p><b>3.</b></p> <p>Reach your goals!!</p> |
|--|---|--|



Training Programs			
All Sessions are 1-hour	1 Session	5 Sessions	10 Sessions
	Member Rate		
<b>1 on 1</b>	\$100	\$400	\$750
<b>Duo</b>	\$190	\$430	\$800
<b>Trio</b>	\$270	\$525	\$900
<b>Quad</b>	\$320	\$725	\$1000
	Non-Member Rates		
<b>1 on 1</b>	\$120	\$420	\$800
<b>Duo</b>	\$200	\$460	\$850



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

## Private Training Request Form

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

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

4th client: \_\_\_\_\_

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

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

**Circle one:**

Member

Non-Member

**Circle One:**

Private

Duo

Trio

Quad

**Circle one:**

Single Session

Pack of 5 Sessions

Pack of 10 Sessions

### Preferred Day(s):

Mon Tues Wed Thurs Fri Sat Sun

Preferred Times:

Morning Afternoon

### Preferred Instructor:(Circle one)

Female

Male

No Preference

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

\_\_\_\_\_

\_\_\_\_\_

### For Healthy Living Manager

Name of Assigned Trainer: \_\_\_\_\_ Date Assigned: \_\_\_\_\_

\_\_\_\_\_

### For Trainer

Date of 1st call \_\_\_\_\_ Time \_\_\_\_\_

Date of 2nd call \_\_\_\_\_ Time \_\_\_\_\_

Date of 3rd call \_\_\_\_\_ Time \_\_\_\_\_

*\*If no schedule has been made by the 3rd message left, notify Healthy Living Manager.\**

Date of 1st session: \_\_\_\_\_ Scheduled Day for Sessions: \_\_\_\_\_