

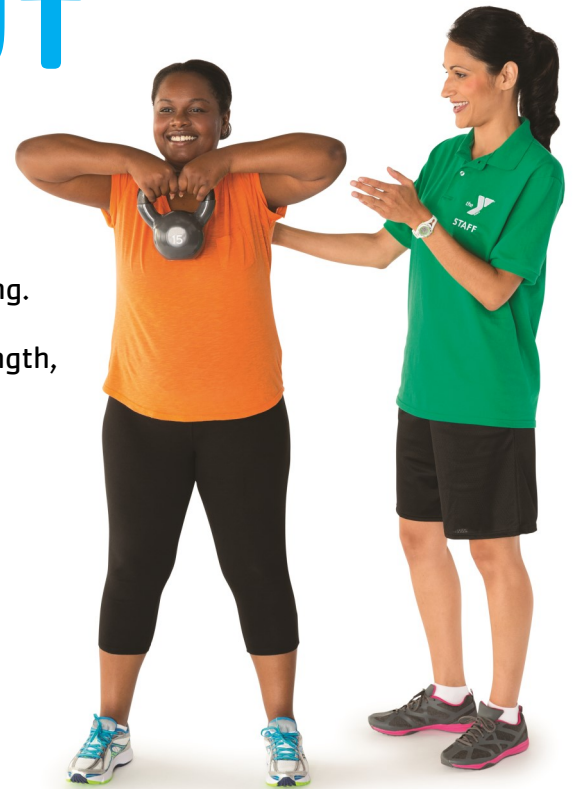


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PERSONALIZE YOUR WORKOUT

LOCK HAVEN AREA YMCA Personal Training

Maximize your workout with individualized or semi-private training. Our trainers will design a specialized fitness program to help you achieve YOUR specific wellness goals: weight loss, muscular strength, lower blood pressure, relieve pain, accountability, and more!



FREE HEALTH ASSESSMENT!

Individual (1:1)

Single Sessions

- | | | | |
|-------------------|---------|------------|---------|
| • ½ Hour - Member | \$19.95 | Non-member | \$29.95 |
| • 1 Hour - Member | \$39.95 | Non-member | \$59.95 |

Bulk Sessions

Purchase 6, get 1 free

- | | | | |
|-------------------|----------|------------|----------|
| • ½ Hour - Member | \$119.95 | Non-member | \$179.95 |
| • 1 Hour - Member | \$239.95 | Non-member | \$359.95 |

Purchase 10, get 2 free

- | | | | |
|-------------------|----------|------------|----------|
| • ½ Hour - Member | \$199.95 | Non-member | \$299.95 |
| • 1 Hour - Member | \$399.95 | Non-member | \$599.95 |

Semi-Private (2-3:1)

Single Sessions

- | | | | |
|-------------------|---------|------------|---------|
| • ½ Hour - Member | \$14.95 | Non-member | \$24.95 |
| • 1 Hour - Member | \$35.95 | Non-member | \$45.95 |

Bulk Sessions

Purchase 6, get 1 free

- | | | | |
|-------------------|----------|------------|----------|
| • ½ Hour - Member | \$99.95 | Non-member | \$159.95 |
| • 1 Hour - Member | \$199.95 | Non-member | \$299.95 |

Purchase 10, get 2 free

- | | | | |
|-------------------|----------|------------|----------|
| • ½ Hour - Member | \$149.95 | Non-member | \$249.95 |
| • 1 Hour - Member | \$359.95 | Non-member | \$459.95 |

Fill out the interest form on the back and we will set you up with a trainer that fits your schedule and fitness goals. Your personal trainer will contact you to set up your FREE health assessment appointment!

For more information, contact Sara Galbraith, Wellness Coordinator
at 570-748-6727 or sarag@lockhavenymca.org.
Visit <https://www.lockhavenymca.com>



Personal Training Interest Form

Potential Client Information

First and Last Name _____ D.O.B _____

Address _____

Primary Phone _____ Email _____

Emergency Contact Information

Name _____ Relationship _____

Primary Phone _____ Email _____

Parent/Guardian Information (if under age of 18)

Name _____ Relationship _____

Primary Phone _____ Email _____

Please list the days and times that you are available for a health assessment:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM							
PM							

Please list any injuries/limitations to exercise:

Please list your fitness goals:

Trainer preference (circle one):

MALE OR FEMALE OR NO PREFERENCE

Informed Consent:

I understand that YMCA activities have inherent risks and I hereby assume all risks and hazards incident to my participation in all YMCA activities. I further waive, release, absolve, indemnify, and agree to hold harmless the YMCA, the organizers, volunteers, supervisors, officers, directors, participants, coaches, referees, as well as persons or parents transporting participants to and from activities from any claims or injury sustained during my use of the YMCA property. I give the YMCA staff permission to administer first aid/CPR for all minor injuries and to seek professional treatment if needed. I give the YMCA staff permission to photograph me (or my child) while participating in YMCA programs. **Finally by signing this form, I agree to pay the Lock Haven Area YMCA the specified amount due for participation in the above listed program. Failure to pay the amount due may result in referral to collections.**

Signature: _____ Date: _____

Please return your completed registration form to the front desk staff. A trainer will contact you to schedule your free health assessment! Payment is due at the time of your first session (after health assessment). Training sessions must be used within one year of purchase. No refunds for unused sessions. Thank you!