

SOUTHWEST YMCA PERSONAL TRAINING REGISTRATION FORM



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Participant's Name _____ Today's Date _____
 Address _____ Day Phone _____
 City _____ Zip _____ Alt. Phone _____
 Email _____ Preferred Trainer _____

ONE-ON-ONE	DUO TRAINING	SMALL GROUP	TYPE OF MEMBERSHIP
<input type="radio"/> 1 Session	<input type="radio"/> 1 Session	<input type="radio"/> 1 Session	<input type="radio"/> Facility Member
<input type="radio"/> 3 Sessions	<input type="radio"/> 3 Sessions	<input type="radio"/> 3 Sessions	<input type="radio"/> Program Member
<input type="radio"/> 6 Sessions	<input type="radio"/> 6 Sessions	<input type="radio"/> 6 Sessions	
<input type="radio"/> 12 Sessions	<input type="radio"/> 12 Sessions	<input type="radio"/> 12 Sessions	
* Program Fee waived if you are a facility member		Training Fees	
		\$25 Program Fee*	
		TOTAL	

REACH YOUR FITNESS GOALS

Personal & Small Group Training
SOUTHWEST YMCA

PAYMENT INFORMATION

My check or money order is enclosed.

Charge my: Visa Mastercard American Express Discover

Account Number: _____ Exp. Date: _____

Name of Cardholder: _____

OFFICE USE:	Rec'd by: _____ Date: _____
	Entered by: _____ Date: _____



SOUTHWEST YMCA
 13500 Quito Road
 Saratoga, CA 95070
 408-370-1877
 www.swymca.org



Why Hire A Personal Trainer?

Personal training is one of the most effective and time-efficient ways to get in shape. Combining sound exercise principles with state of the art equipment and the latest in fitness research, our personal trainers will create a plan tailored to your specific needs and objectives. Our personal training is ideal for all members, regardless of current fitness levels or physical limitations. The benefits of personal training include:

- Safe, effective workouts tailored to your goals
- Increased muscular strength and endurance
- Weight loss
- Stress reduction
- Improved sports performance (golf, running, tennis, etc.)
- Use of specialized equipment such as the TRX Suspension Trainer, BOSU, and more!

Our Trainers Are Professionals

All of our personal trainers have a nationally-recognized personal training certification. Many staff also have a graduate or undergraduate degree in exercise physiology, physical education, or a related field. Many trainers have qualifications to work with injured and special populations.

What Can I Expect?

Your initial appointment will include a fitness assessment and a discussion of your goals. Your trainer will then develop a comprehensive exercise plan. At subsequent sessions, your trainer will guide you through each workout, teaching proper form and alignment while encouraging you each step of the way. As sessions continue, your trainer will evaluate your progress and map the way forward to keep you motivated and focused on achieving your goals.



What Members Are Saying

“More than just getting in shape, I learned how to perform exercises in the proper way to get the most out of my workout.”

– Phil

“Having a trainer helped me stay motivated to stick to my workouts.”

– Cathy

Our Fees

Please note that personal training sessions are non-refundable and must be used within a set time frame. Sessions must be used within 2 months if 6 sessions are purchased, and within 4 months if 12 sessions are purchased. Any unused personal training sessions after that date will be forfeit. Cancellations must be made 48 hours in advance.

Facility Member Fees (Pricing is Per Person)

NUMBER OF SESSIONS	1	3	6	12
One-on-One Training	\$45	\$120	\$240	\$420
Duo Training	\$30	\$82	\$165	\$300
Small Group (3 or 4 clients)	\$25	\$75	\$150	\$280

Program Member Fees (Pricing is Per Person)

NUMBER OF SESSIONS	1	3	6	12
One-on-One Training	\$60	\$165	\$330	\$600
Duo Training	\$40	\$105	\$210	\$390
Small Group (3 or 4 clients)	\$35	\$90	\$180	\$345

Looking for a partner or group?

Please contact CJ Ryan, our Health and Wellness Director at 408-608-6816 or cryan@ymcasv.org to be set up with a partner or small group.

Other Questions?

Please contact CJ Ryan, our Health and Wellness Director at 408-608-6816 or cryan@ymcasv.org for more details.