



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PERSONAL TRAINING PROGRAM

If you are at a standstill or not quite sure how to organize a meaningful fitness program, then you may want to consider using a Personal Trainer. A Personal Trainer will help educate you about health, fitness and performance. He/she will work one-on-one with you to build a program that works!

- Register for Personal Training at the Front Desk.
- Once you have registered, the Health & Wellness Director or Personal Trainer will contact you to fully explain the program.
- If you need to cancel a scheduled session with your Personal Trainer, it must be done at least 24 hours in advance. Please contact your Personal Trainer directly, or contact the Health & Wellness Director at (330) 334-9622 or garyl@akronymca.org .
- A "no show" is considered a lost session and will not be rescheduled.

Name: _____ Phone Number: _____ Age: _____

Address: _____ City: _____ State: _____ Zip: _____

Email: _____

Personal Trainer Preferred: _____ Preferred Trainer (circle): Male Female

Best day(s) to meet with Personal Trainer (circle): Mon Tues Wed Thurs Fri Sat Sun

Best time frame: _____

Fitness Goals: _____

Number of Sessions Purchased (circle): (1)One (4)Four (8)Eight (12)Twelve

Please circle: half hour sessions OR one hour sessions

Today's date: _____ Amount Paid: _____ MSR Initials: _____

WADSWORTH YMCA
623 School Drive
Wadsworth, Ohio 44281
330 334 9622

akronymca.org

The Y strives to make programs and membership available to all. Financial assistance may be available to those who qualify.



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

Connect with us!

