



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MOTIVATION SUPPORT SUCCESS



Personal Training at the Y

Get in shape with one-on-one or small group training with a Nationally Certified Personal Trainer. All sessions are catered to help individuals achieve maximum results and meet fitness goals.

Get motivated, get support and succeed!

1 Hour Session	\$45
10+ 1 Hour Sessions	\$41.50
(10+ sessions must be purchased to receive discount)	
30 Minute Session	\$25
10+ 30 Minute Sessions	\$22.50
(10+ sessions must be purchased to receive discount)	



Get strong with us
Stay strong with us

YMCA of Tyler Texas

REGISTRATION FORM

Personal Training with a Nationally Certified Trainer.

Participant _____

INDIVIDUAL

Gender: M F (circle one)

GROUP - NAMES IN GROUP:

Address _____

1. _____

City _____ State ____ Zip _____

2. _____

Best Contact Number: _____

3. _____

Email: _____

4. _____

I understand that I will/ may be participating in physical activities and that the potential for accidents does exist. In consideration for being allowed to participate in the YMCA's program, I agree to assume the risk of such exercise and further agree to defend and hold harmless the YMCA of Tyler Texas, its branches, and its staff conducting this YMCA program from any and all claims, suits, losses, or related causes of action for damages, including (but not limited to) such claims that may result from injury or death (accidental or otherwise) during, or arising in any way from the program. I also understand that the YMCA of Tyler Texas may use, for publicity and/ or promotional purposes, my name or pictures participating in this program, without obligation or liability to me or my family.

***I understand that all Personal Training sessions must be used within 6 months of the date of purchase or they will be forfeited to the YMCA. Medical conditions will be evaluated on an individual bases for any modificatoins to this policy. Members Initials: _____**

***I understand that the cancellation of a Personal Training session with less than 12 hours notification will result in the forfeiture of that session of training. Members Initials: _____**

Participant Signature _____ Date _____

For office use only

REC# _____ Date Paid _____ Rec'd By _____ Amount _____

YMCA of Tyler Texas