

## REGISTER HERE

Participant First & Last Name \_\_\_\_\_

D/O/B \_\_\_\_\_ Age \_\_\_\_\_

Gender:      M              F              Unspecified

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

I am registering for

- ☐ 1 session
- ☐ 5 sessions
- ☐ 10 sessions
- ☐ Consultation

Desired Days & Times \_\_\_\_\_

Trainer Name (for returning clients) \_\_\_\_\_

I understand and agree that neither the Harrison Family YMCA nor co-sponsoring organizations or their respective chapters, officers, directors, employees, agents, members or volunteers shall assume or have any responsibility or liability for expenses or medical treatment or form compensation for any injury may suffer during or resulting from my participation in this program. I do hereby, for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages that I may have or that may hereafter accrue to me arising out of or in any way connected with my participation in this program. I also represent and warrant that I have been advised to seek consultation from my doctor about whether I can safely participate in this program and whether there are precautions or limitations to my participation. I also grant permission to the Y to use any photographs or videography that are obtained as part of this program for future Y advertising and promotions.

Signature \_\_\_\_\_

Date \_\_\_\_\_

NONPROFIT  
ORGANIZATION  
U.S. POSTAGE  
**PAID**  
ROCKY MOUNT, NC  
PERMIT NO. 290

HARRISON FAMILY YMCA  
1000 Independence Drive  
Rocky Mount, NC 27804  
P 252-972-9622  
harrisonfamilyY.org



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

# HELPING YOU REACH YOUR GOALS

## Personal Training

### HARRISON FAMILY YMCA



# PERSONAL TRAINING

Personal Training offers you a one-on-one experience to become your best self. Our trainers will give you that individual attention you need, a personalized program tailored to individual goals and structured, safe and effective workouts. All trainers are certified by nationally accredited fitness associations. They have experience working with a wide range of clients.

**Motivation, empowerment and succeeding** in your personal goals are three very good reasons to work with a personal trainer. A personal trainer prepares your workout agenda, keeps you on task, and encourages you to try your hardest and do your best. Plus, knowing he or she is waiting for you makes it harder to quit! Personal trainers are for everyone. Look around the wellness floor; personal trainers are working with teens, seniors and adults ... anyone interested in a healthier lifestyle.



# RATES

# of sessions	Y Member	Community Member
Single Session	\$40/hour	\$50/hour
Five Sessions	\$175/hour	\$225/hour
Ten Sessions	\$300/hour	\$350/hour
Consultation	\$40/hour	\$50/hour



# BENEFITS OF WORKING WITH A TRAINER

- Individual Attention
- Personalized Program tailored to Individual Goals
- Stuctured, Safe and Effective Workouts

# TRAINER QUALIFICATIONS

- All trainers are certified by nationally accredited fitness associations.
- Our trainers have experience working with a wide range of clients.
- Some trainers are qualified to address specific health issues such as Type II Diabetes, Hypertension, Osteoporosis, Arthritis, etc.

# INFO TO KNOW

- 15% of the program fee will be non-refundable should the registration be cancelled by the registrant. 100% will be refunded should the program be cancelled by the Y.
- There is \$10 fee for returned payments.
- Pricing is per hour.
- If a client must cancel, they must notify the trainer directly at least 12 hours in advance or it could result in forfeiting a session.
- Sessions must be used within 6 months of purchase or you will forfeit sessions.
- Consultations may be used to discuss goals, perform fitness evaluations and discuss nutrition information.

