

BE HEALTHY. BE STRONG. BELONG.

Personal training is a means to develop physically, grow personally, and have fun in the process! Our nationally-certified personal trainers share our commitment by evaluating your individual needs and developing specialized exercise and lifestyle programs to meet your goals.

Session Type	Individual Training		Group Training	
	MEMBER RATES	NON-MEMBER RATES	MEMBER RATES	NON-MEMBER RATES
1 SESSION	$35	$55	$30/person	$50/person
4 SESSIONS	$133	$209	$114/person	$190/person
8 SESSIONS	$252	$396	$216/person	$360/person
12 SESSIONS	$357	$561	$306/person	$510/person

For more information contact the Central YMCA or Davis Family YMCA contacts below:

CARL LAROSA
Athletic Performance Coordinator
330-747-8411 ext 152
clarosa@youngstownymca.org

Central YMCA
17 N. Champion St.
Youngstown OH 44503

LARRY JENSEN
Fitness Director
330-480-5659
ljensen@youngstownymca.org

Davis Family YMCA
45 McClurg Rd.
Boardman OH 44512

YMCAyo.org

Name:_____ Date:_____

Phone: _____ Email: _____

Preferred Method of Contact: _____ Phone _____ Email

Preferred Day(s) of the Week: _____Monday _____Tuesday _____Wednesday _____Thursday _____Friday _____Saturday

Preferred Time(s) of Day: _____Morning _____Afternoon _____Evening

Number of sessions: _____1 _____4 _____8 _____12

Trainer Name (if known):_____ Trainer Gender Preference:_____

Amount Paid: _____ Receipt #: _____

GETTING TO KNOW YOU

We want to ensure that you have a great experience with our Personal Training program. Please tell us a little more about what your goal is with Personal Training. Check all areaas that apply:

- ☐ Beginner
- ☐ Conditioning
- ☐ Sports Performance
- ☐ Injury Prevention
- ☐ Injury Recovery
- ☐ Strength Training
- ☐ Endurance Training
- ☐ Resistance Training
- ☐ Older Adult
- ☐ Youth Training
- ☐ Women's Health
- ☐ General Wellness
- ☐ Weight Management
- ☐ Corrective Exercise
- ☐ Functional Fitness
- ☐ Self-Defense
- ☐ Balance Training
- ☐ Flexibility and Mobility
- ☐ Bodybuilding
- ☐ Pre/Post-natal
- ☐ Private Athletic Training with Carl Larosa
- ☐ Private Boxing Training with Clemate Franklin

PERSONAL TRAINING PROGRAM MEMBER AGREEMENT

The YMCA of Youngstown is glad you have elected to participate in the Personal Training Program. Personal Training is a great way to take your fitness routine to the next level. Our Personal Trainers are here to help you achieve your goals. In order to do so, we ask that you read and follow the Guidelines below:

SCHEDULING: Your personal training appointments will be scheduled through you and your trainer at an agreed day/time by both parties. Please ensure that you have provided both daytime and evening phone numbers where you can be reached. Appointments are scheduled for Session Lengths, determined by the package bought. Please be on time for your appointment or minutes will be deducted from your hour session.

CANCELLATIONS: Each YMCA of Youngstown Personal Trainer requires 24 hours notice for a cancellation of an appointment. You can reach them at the number provided on your Goals Sheet. If 24 hours' notice is not provided, the session will be forfeited.

REFUNDS: As per the YMCA of Youngstown Member Handbook, refunds are not provided for Personal Training Packages unless a documented medical reason applies. Personal Training Packages are non-transferable.

I HAVE READ AND AGREE TO THE ABOVE GUIDELINES.

Member:_____ Date:_____

Personal Trainer:_____ Date:_____

NOW WHAT?

- ☐ Return this form to the Service Desk at the YMCA location (Davis Family Y or Central Y) where you would like to train.
- ☐ A Personal Trainer will then contact you to schedule a meeting.
- ☐ Now it's tme to begin working with your Personal Trainer!