

**WILKES-BARRE FAMILY YMCA
PERSONAL TRAINING REGISTRATION FORM**

Your Name:

Day Phone:

Alt. Phone:

Preferred Trainer:

Preferred Time/Days:

Email:

Email is one of the fastest, most cost-effective, and environmentally friendly ways for us to communicate with you. We would like to send you periodic emails with Y news and special offers.

PAYMENT INFORMATION

ONE-ON-ONE	DUO TRAINING	SMALL GROUP	TYPE OF MEMBERSHIP
<input type="checkbox"/> 3 Sessions	<input type="checkbox"/> 3 Sessions	<input type="checkbox"/> 3 Sessions	<input type="checkbox"/> Family Member
<input type="checkbox"/> 6 Sessions	<input type="checkbox"/> 6 Sessions	<input type="checkbox"/> 6 Sessions	<input type="checkbox"/> Member
<input type="checkbox"/> 12 Sessions	<input type="checkbox"/> 12 Sessions	<input type="checkbox"/> 12 Sessions	<input type="checkbox"/> Non-Member
TOTAL			

**I UNDERSTAND PAYMENT IS REQUIRED IN FULL
BEFORE MY TRAINING SESSIONS WILL BEGIN.**

Signature: _____



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WORKING OUT TOGETHER

**Personal Training and
Small Group Training
WILKES-BARRE FAMILY YMCA**



Our Trainers are Professionals

Training with our certified personal trainers is a great way to get in shape safely, efficiently and effectively. They provide the motivation necessary for you to achieve your goals with regular fitness testing, personalized programming and accountability.

All our trainers are certified and qualified to train and have years of experience. They are qualified to work with individuals who have been injured or have special needs.

One-on-one Training

One-on-one training is the most individualized fitness programming we offer and therefore, the most effective. Your first appointment is a complimentary evaluation with the purchase of a package of three or more sessions. Your trainer will work with you to determine your current fitness level and discuss your health and wellness goals. In future sessions you will train with a personalized, effective workout that focuses on meeting your goals.

Small Group & Duo Training

Small group training is when a group of 3 or 4 people come together for the extra motivation of exercising with others while minimizing costs. Duo training is two people.

Small group and duo training is ideal for friends, athletic teammates and co-workers with similar goals and fitness levels. During your first appointment everyone will receive a complimentary evaluation in a group setting. Your trainer will assess the group and determine its overall fitness level. He/she will develop a plan for the success of the group as a whole. In future sessions your group will all train together at the same time.

Questions?

Contact Lauranel Banks at 570-970-5012 or lauranel.banks@wbymca.org



Personal Training Policies

- Payment in full is required before beginning training or renewing a package.
- Sessions are non-refundable and will expire. Three-session packages expire one month from the purchase date; six-session packages expire two months from the purchase date; 12-session packages expire four months from the purchase date.
- Additional policies will be reviewed during initial assessment.

TRAINING PACKAGES	FAMILY MEMBER	MEMBER	NON-MEMBER
One-on-one	Save 35%	Save 20%	
3 sessions	\$85	\$102	\$115
6 sessions	\$150	\$170	\$202
12 sessions	\$240	\$288	\$324
Duo Training*	Save 35%	Save 20%	
3 sessions	\$50	\$60	\$67
6 sessions	\$85	\$102	\$115
12 sessions	\$150	\$170	\$202
Small Group*	Save 35%	Save 20%	
3 sessions	\$30	\$36	\$40
6 sessions	\$50	\$60	\$67
12 sessions	\$85	\$102	\$115

*Duo/Small Group Training: Each participant must purchase their own package. Rates listed are per person.

Schedule your first appointment

Contact: Lauranel Banks, Wellness Director
570-970-5012 or lauranel.banks@wbymca.org

We will help you select the best trainer for you to begin your journey.