



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Individual Sessions

### MEMBER INDIVIDUAL SESSION PRICING

SINGLE SESSION (\$36 per hour)  
FIVE SESSIONS | \$175 (\$35 per hour)  
10 SESSIONS | \$330 (\$33 per hour)  
20 SESSIONS | \$620 (\$31 per hour)

### NON-MEMBER INDIVIDUAL SESSION PRICING

SINGLE SESSION (\$46 per hour)  
FIVE SESSIONS | \$225 (\$45 per hour)  
10 SESSIONS | \$430 (\$43 per hour)  
20 SESSIONS | \$820 (\$41 per hour)

## Group & Partner Sessions

### SMALL GROUP SESSIONS | 3-6 People

SINGLE SESSION | \$15.25 per person/hour  
FIVE SESSIONS | \$75 (\$15 per person/hour)  
10 SESSIONS | \$145 (\$14.50 per person/hour)  
20 SESSIONS | \$280 (\$14 per person/hour)

### PARTNER SESSIONS | 2 People

SINGLE SESSION | \$48 per hour  
FIVE SESSIONS | \$235 (\$47 per hour)  
10 SESSIONS | \$450 (\$45 per hour)  
20 SESSIONS | \$860 (\$43 per hour)

## Loyalty Program Pricing

### Two Months:

2x/Week | \$232/Month (\$29/Hour)  
3x/Week | \$348/Month (\$29/Hour)

### Three Months:

2x/Week | \$240/Month (\$30/Hour)  
3x/Week | \$360/Month (\$30/Hour)

### Six Months:

2x/Week | \$224/Month (\$28/Hour)  
3x/Week | \$336/Month (\$28/Hour)

## Personal Training Packages

One on one fitness coaching personalized for your goals



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### Personal Information

Date: ..... Date of Birth: .....  
Name: .....  
Address: .....  
Phone Number: ..... Do you text?: Y or N

### Training Preferences

Trainer:  Male  Female  No preference  
Days Available:  Weekdays  Weekends  Specific Days:  
Time:  Early Morning  Morning  Afternoon  Evening  
Fitness Level:  Beginner  Intermediate  Advanced

### Personal training agreement

- Sessions and packages must be paid for in full prior to training unless otherwise coordinated directly with the Program Director
- Once signed on as a client, all communications will be directly with your trainer and not the Program Director. Clients must notify trainer 24 hours prior to a scheduled session or will be charged the full cost of the session
- Regardless of arrival time, sessions will end at specified time. All personal training sessions are 1 hour long, unless previously agreed upon with your trainer and noted on file.

I (print name) ..... have read the above and understood and accept these policies as they relate to The Southside YMCA personal training program.

Acknowledge and agree: ..... Date: .....

## Personal Training Interest Form

Fill out this form then drop by the front desk, or scan/take picture of and email to [stephaniecarwile@ymcacva.org](mailto:stephaniecarwile@ymcacva.org) to be connected with a trainer!