



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### Personal Training

Personal training is a one-on-one training session geared towards helping you achieve your fitness goals! With each personal training session purchased, you will receive a completely customized training program designed to help you meet your goals in the most efficient time possible. Along with the personalized programming, you will be taught why your program is designed the way it is using the latest cutting edge research available to the fitness population! Our personal trainers on staff have extensive knowledge in fat loss, cardiovascular, strength, power, speed, agility, injury prevention, functional moving, and athletic preparation protocols. So instead of learning bad habits and not seeing results, meet with one of our trainers and learn proper habits, then see the results you want...faster!

- Upon registration you will receive blue (1/2 hour) or yellow (1 hour) vouchers for the amount of sessions you have purchased. It is your responsibility to keep track of your personal training vouchers. Each voucher is worth one personal training session. Please present one voucher to your personal trainer upon arrival to your session.
- Once registered, a personal trainer will contact you directly to set up your free consultation. Sessions should be scheduled directly with your personal trainer.

### PLEASE SELECT:

**30 Minute Session Options:**

\$20/session- 1 session

\$18/session (\$144)- 8 session package

\_\_\_\_\_ # of sessions at \$20/session

**60 Minute Session Options:**

\$40/session- 1 session

\$38/session(\$304)- 8 session package

\_\_\_\_\_ # of sessions at \$40/session

Participant name: \_\_\_\_\_ Birthday: \_\_\_\_\_ Age: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Member (circle): YES NO

Email (Required): \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Do you have a preference in which personal trainer you would like to train with (circle)? YES NO

If so, who? \_\_\_\_\_

The Greensburg YMCA has the right to charge for the session if it is not cancelled within 12 hours of the scheduled session time. Refunds will only be given if a session is cancelled by the YMCA. Please be mindful of our personal trainers time and show up to your session 15 mins prior to the scheduled time. Credits only issued before or after the first session is given.

Registration and payment can be completed at the Greensburg YMCA Welcome Center or over the phone at 724-834-0150.

For more information on our personal training please contact Brit Grzywacz, Director of Youth Development and Healthy Living at b.grzywacz@gbgymca.org or 724-834-0150 ext. 113.

**Administrative Use Only:**

Amount Paid: \_\_\_\_\_ Date Paid: \_\_\_\_\_ Emp. Int.: \_\_\_\_\_



The YMCA will not turn away for the inability to pay. Ask about our financial assistance.