



Owen County Family YMCA

Please complete this form so we can place you with the trainer that best suits your needs. After registering for training, you will be matched with the appropriate trainer and that trainer will call you within 2 business days to schedule your first appointment. Thank you.

Name: _____ Age: _____

Phone: _____ Mobile: _____

Email: _____

Which option are you registering for:

- Personal Training Option 1- seven one-hour sessions \$160 for members /\$225 for non-members
- Personal Training Option 2- four one-hour sessions \$100 for members /\$150 for non-members
- 12 Weeks to a Better You – consultations with Wellness Coach and/or Nutrition Specialist over a 12 week period. Please see information sheet.
\$80 (members only)
- Partner Training – five one-hour sessions \$150 (members only)
- Group Training (3-6 people) - five one-hour sessions \$200 (members only)

Personal Fitness Goals: _____

What days and times of day are best for your Personal Training Sessions?

Is there a particular trainer you would prefer? Yes No Who? _____