YMCA OF COLUMBIA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PERSONAL TRAINER REQUEST FORM

Name: _____ **Age:** _____ **Gender:** _____

Email: _____ **Phone Number:** _____

Fitness Level: ☐ Beginner ☐ Intermediate ☐ Advanced

Have you worked out with a personal trainer before? ☐ Yes ☐ No

Do you prefer a male or female trainer? ☐ Male ☐ Female ☐ No Preference

What day(s) work best for you? ☐ Mon ☐ Tues ☐ Wed ☐ Thurs ☐ Fri ☐ Sat ☐ Sun

What time(s) work best for you? ☐ 5-8am ☐ 8am-12pm ☐ 12-4pm ☐ 4-6pm ☐ 6-9pm

What are you looking to acheive by working with a personal trainer? (Please list on back)

Name of preferred Personal Trainer (if applicable): _____

Which package are you interested in purchasing?

30-MINUTE SESSIONS

Sessions	Member	Nonmember
1 Session	☐ $26	☐ $39
4 Sessions	☐ $85	☐ $128
8 Sessions	☐ $145	☐ $218
12 Sessions	☐ $199	☐ $299

60-MINUTE SESSIONS

Sessions	Member	Nonmember
1 Session	☐ $45	☐ $68
4 Sessions	☐ $155	☐ $233
8 Sessions	☐ $265	☐ $398
12 Sessions	☐ $370	☐ $555

Signature: _____ **Date:** _____

Please Note: Parent or guardian must sign if applicant is under18 years of age.

QUESTIONS?
dtwellnesscoordinator@columbiaymca.org

DOWNTOWN YMCA
1447 Hampton St, Columbia, SC 29201 | 803.799.9187

What are you looking to acheive by working with a personal trainer?