



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Adult Member Personal Training Registration Form

Members Only. Appointments are set up on an individual basis. Payment is required before first training session.

## PLEASE PRINT. THANK YOU

Member Name: \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

## TRAINING OPTIONS :

**Personal Training**

**Pilates Training**

**Yoga Training**

**2- Sessions**     \$75 (individual)

\$50 (2 on 1)

**5- Sessions**     \$165 (individual)

\$110 (2 on 1)

**10- Sessions**     \$275 (individual)

\$195 (2 on 1)

Each Session is One hour in length

Training Partner Name: \_\_\_\_\_

## TRAINING PREFERENCE:

**Weekdays**

**Weekends**

**Mornings**

**Afternoons**

**Evenings**

Specific Trainer Request: \_\_\_\_\_

Please submit to FRONT DESK with payment and you will be contacted by a trainer to set up an appointment.

## Wellness Center **Office Use Only**

Date RECEIVED: \_\_\_/\_\_\_/\_\_\_

Date Contacted: \_\_\_/\_\_\_/\_\_\_

Trainer: \_\_\_\_\_

Instructor's note:

\_\_\_\_\_  
\_\_\_\_\_