



PERSONAL TRAINING REQUEST FORM

(Please complete and turn in at the Member Service Desk. You will be contacted by a trainer)

<p>BEGINNER TRI-PACK</p> <p>ONLY \$99!</p> <p>Never trained with us before?</p> <p>Our Try-Pack offers three (3), hour-long sessions with a Y personal trainer</p>
--

Name:	
Age:	
Phone Number:	
Email:	
Date:	

Session Interest (please circle all that apply):			
One (1) hour session	3x per week	2x per week	1x per week
Half Hour (30 min.) session	3x per week	2x per week	1x per week
Small Group Personal Training (45 min)	3x/week	2x per week	1x per week
One on one Yoga (45 min)	3x/week	2x/week	1x/week
Trainer Preference (please circle):	Male	Female	Specific Trainer
I consider myself a:	Beginner	Intermediate	Advanced
Specific Days/Times to Train (Please list more than one option):			
Physical Restrictions and/or Medical Complications:			
Obstacles/Barriers:			
Goals:			

Please contact Jose Ledezma, Jr., jledezma@ccaymca.org, 856 691 0030 ext 130 if you have any questions!