

Personal Training at the YWCA

Personal Training gets results!

Your reasons for being healthy and fit are personal. Our personal trainers bring a multitude of certifications and decades of experience working with various fitness populations, ages and fragile populations and will customize a fitness plan around your goals.

Ilene Harnch-Grady | Health & Wellness/Encore Director
(978) 225-6510 | igrady@ywcanewburyport.org

Rates (45 minutes)
Single Session \$60.00
5 Pack \$275.00

PARTICIPANT INFORMATION		Date: _____
First Name	Last Name	
Street Address	Home Phone	
City	State	
Zip Code	Email Address	
Cell Phone	DOB	

Waiver of Liability

Physical Fitness: I hereby state that I am physically fit and do not suffer from any physical or health issues that would prevent me from participating in the YWCA Greater Newburyport's physical programs. The YWCA reserves the right to request a medical examination from a doctor stating my health status.

Signature: _____ Date: _____

Indemnification: I, the undersigned, my heirs and assigns, hereby indemnify and hold harmless the YWCA Greater Newburyport (its directors, employees and agents) from all legal responsibility for any death, injury or illness created or sustained by any YWCA activity and/or program.

Signature: _____ Date: _____

Photo Release and Authorization | Cancellation Policy

Photo: The YWCA may photograph members for publications/promotions. Unless declined, I give permission to use photos of myself/family. **I decline:** _____

Signature: _____ Date: _____

Cancellation: All cancellations must be received 24 hours in advance to avoid a penalty. Customers receive a credit valid for 3 months after the session date. (978) 225-6510 | igrady@ywcanewburyport.org